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PUBLISHING EDITOR

Mark Wilson

T: +44 [0]1733 810902
M: +44 [0]7773 772864
publisher@themomentmagazine.com

EDITOR

Toby Venables

editor@themomentmagazine.com

DEPUTY EDITOR

Ben Vanheems

deputyeditor@themomentmagazine.com

WEB EDITOR

Felicity Evans

webeditor@themomentmagazine.com

ADVERTISE

Contact the Publisher on:

T: 01733 810902
07773 772864
publisher@themomentmagazine.com

PHOTOGRAPHY

Paul Bryant

Simon Hipperson

ART

Design & Production

AT Graphics Ltd
www.atgraphicsuk.com
T: 01733 230400

Kirsty Craner – Design

Alun Jones – Production

Joanne Tipping – Accounts

Robert Tipping – Managing Director

James Tipping – Technical Director

WEB DESIGN & DEVELOPMENT

Brave Creative
www.bravecreative.co.uk



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ED'S LETTER

I'm sure some people reading this magazine will, at some point, have had a less-than-inspiring encounter with history. For me, that involves a memory of a hot classroom, a drowsy class who just wanted to be outside and a teacher talking in a monotone about a seemingly endless list of dates whose significance was never really made clear.

Happily, teaching methods have changed radically since my ancient childhood. And whilst I wish history had been made as exciting to me then as I find it to be now, I've made up for it since. One of the things I do is write historical fiction; three novels to date (*The Viking Dead*, *Knight of Shadows* and *The Red Hand*) with a fourth on the way. When writing about a real period, the one thing you have to do is bring it convincingly to life, and the best way to do that is to have it brought to life for you – to have an opportunity to get up close to the real stuff of the time; to heft a sword, to shoot a bow, to feel the weight of a coat of mail, to smell and taste the freshly cooked food of 100, 500 or 1,000 years ago.

That's why events such as the Heritage Festival are anticipated with such glee. You can do all this, and so much more besides. Last year, we were spectators at a 15th century joust. This year, we will watch in awe as a force of Vikings returns to the city – complete with their own Viking ship. For one weekend you can walk through just about every period of the city's history, linger in medieval encampments, meet soldiers from two World Wars, see Romans march in formation – and even, this year, help dig up Peterborough's past by getting involved in live archaeology, right in the city's centre.

For me, as a writer seeking to recreate a real period in words, there's a gloriously nerdy interest in all the little details. But there's far more to it than that. It's everything that bored kid in the classroom would have loved – stuff that genuinely thrills and inspires young minds (even if some of those young minds now inhabit somewhat older bodies...)

In fact, when it comes to inspiration, this issue is packed full. There are the amazing individuals who have turned personal tragedy to triumph by raising huge amounts for charity through events such as the Perkins Great Eastern Run; the very special people who bring life-enhancing experiences to the severely disabled – sailing, cycling, swimming; those who are striving to make the city greener and more sustainable. Plus, of course, all the great theatre, comedy, music and art you could wish for – and an incredible tour to the highest heights of Peterborough Cathedral.

But wait... I hear Norsemen coming. Where's my sword?

Toby Venables, Editor

Mark Wilson, Publisher

[@MomentMag](#) [facebook.com/themomentmagazine](#)



Kirsty Craner



Felicity Evans



Ben Vanheems



Toby Venables



Mark Wilson

JUNE
2016 ISSUE

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CODENAME MEDIA LIMITED

T: +44 [0]1733 810902

M: +44 [0]7773 772864

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JODIE PRENGER

In 2008, singer Jodie Prenger triumphed in the talent show *I'd Do Anything* having won the heart of the public and head judge Andrew Lloyd Webber. She hasn't looked back, with dozens of TV appearances, tours and major roles in the West End – including an award-winning run as Nancy in *Oliver!* Now, she brings the one-woman show *Tell Me On A Sunday* to the Key Theatre (7 June). Toby Venables talked to her.

First of all, why *Tell Me On a Sunday*?

Well, I wanted them to tell me on a Tuesday and it just didn't work out... I'm showing my age here, but I did have a double cassette of Musicals Greatest Hits and on that, of course, was *Tell Me On a Sunday* and *Take That Look Off Your Face*. It's just music that I loved, and grew up loving. To be honest, although I knew the basic outline of the story, I didn't know the whole thing. And then you get the call saying 'Would you like to do it?' You scream out three times: 'YES! YES! YES!' – the full *When Harry Met Sally* – and then you go: 'Oh... I've got my own show. Don't panic, Jodie...' But you get stuck in and I have absolutely loved it.



Has it been a challenge?

I must admit, I think it's the hardest thing I've ever done. I've never had to sing in the range I have to sing in this, I've never had to go through so many emotions – and I'm not kidding, after this show I need a sit down and a glass of port! It really takes it out of you... The poor girl really does go through it. It's one of those shows you can't give it 80%. It's a 150% and no less! I just love doing it, and it's some of Andrew Lloyd Webber and Don Black's greatest stuff. Andrew has written these phenomenal melodies, and Don Black... Well, he doesn't give you lyrics, he gives you a script, which is rare with lyricists.

This is a solo show – is it very different having to hold the stage completely on your own?

Yes! If something goes wrong, it's your fault! But there are so many great creatives on board: Paul Foster, phenomenal director, Cathy Jayes who is the music supervisor who has just come back from Broadway, David Woodhead who does the set design... All these Olivier Award-winning, brilliant people. So I know there's only one person on the stage, but it's always a massive collaboration. It's never really one person.

Do Andrew Lloyd Webber and Don Black get involved with the production?

They have both been SO involved! You kind of think you'll never see them, but no, no, no! And it is petrifying when they both come in. But it's great to sit down and talk with them about the evolution of this show. And the reviews have been great, which is lovely. You do get a lump in your throat when you see it's been tagged, because with this show you put your soul out there...



Andrew Lloyd Webber has been such a significant factor in your career...

He really has. Never did I think he'd have me back, but here we are! No, he's been lovely – and the one side you don't see of him on TV is that he's so supportive. He came to see *Calamity Jane* – he came to see everything I've done. And he's a lovely guy, a lovely family man.

You do so many things on stage and TV – is it non-stop?

It was during *Calamity Jane* and a hugely, unexpectedly successful tour that I found out I was doing *Tell Me On A Sunday*. But then I was doing Miss Hannigan in *Annie* for three weeks and started *Tell Me On A Sunday* the day after that... But I've got to keep working – I've got animals to feed!

What were your key influences growing up? You obviously love musicals...

No, I can't stand them! I don't know what I'm doing! I wanted to be a rap artist but it didn't work out... Can you imagine if I came out and rapped *Tell Me On A Sunday*? Joking apart, I grew up in Blackpool and at the time it was an entertainment hub, and my mum and dad and my nan and grandad had run B&Bs, and I just remember when we'd get coach parties in and we'd have singalongs. So my influences came from people like Vera Lynn, Doris Day, Bette Midler... Just very wonderful leading ladies, and I just enjoyed the music.



Tell Me On A Sunday
7 June, 7.30pm Key Theatre
Peterborough
www.vivacity-peterborough.com/keytheatre

SARA PASCOE

Over the last decade, Sara Pascoe has become one of the most in-demand and hardest working stand-ups in the country. Ten years ago she was a struggling actor. These days she's a panel show regular – on *Mock the Week*, *QI*, *Have I Got News For You* and more – and has hugely bumped up her acting CV with roles in *The Thick of It*, *W1A* and *Twenty Twelve*.

'Animal', at the Key Theatre on 23 June, is your biggest tour yet, and coincides with the publication of your first book of the same name. What can we expect from these two beastly creations?

They're sort of two halves. The book came first and deals with evolution and humans beings as animals – particular female humans as animals – but after writing it I realised there were lots of other areas that I hadn't been able to touch in the book that I have now mined for the show.

You also talk about veganism in the show – you've been vegan since 2009. Was there a catalyst for that?

I did [comedian] Josie Long's project: One Hundred Days To Make Me A Better Person. My two things were a prison letter writing scheme and becoming vegan.



You describe yourself as a 'rubbish vegan'. What does that mean?

I still have struggles with it. I talk about being a 'rubbish vegan' because I think trying to be better is good, and sometimes that makes you feel like a failure. People shouldn't feel bad if they slip up. Everyone has had struggles or accidentally ate chocolate or ate a whole lump of cheese when they were drunk; those things happen and I think it's all right to talk about it.

But there are a very small number of vegans who would have us killed. They would have us killed and wear our skin.

Is it a difficult subject to talk about on stage?

As a comedian, if you sound like you're about to be superior – and that's what people think about veganism; that you feel that you're morally better – you have to undercut yourself, and then it's fine. Talking about being a rubbish vegan is funny. Talking about being an amazing vegan is not. No one wants to hear, "I have far reduced rates of the likelihood of having lung cancer!"

And are you still keeping up the prison letter writing?

No. But I've started again. One of the guys wrote back with very, very sexual letters, so I've spent about eight years working on my reply to him [laughs].

AND THE BEST OF THE REST...

The Key Theatre unleashes a spectacular summer programme offering something for everyone...

There's plenty for the drama enthusiast at the Key this season, kicking off with Spike Milligan's *Puckoon* (May 12), brought to stage the all the crazy comedy you'd expect from the former Goon. Peterborough Playgoers take to the studio with their adaption of *Flare Path* (May 18 – 21) while the Key Theatre welcomes back Black Theatre Live as they bring *The Diary of a Hounslow Girl* (Jun 10-11).

Families and youngsters this season can be introduced to the world of theatre through ballet with *Pinocchio* (Jun 1), sing along with the return of the smash hit *Frozen* (Jun 2) or get as close to the real thing with *The Little Mix Experience* (Jul 1).

Following the hugely successful Comedy Festival, Key Comedy Nights welcome headline stand-up acts Zoe Lyons (May 6) and Tom Wigglesworth (June 3) as well as offering a chance to see some excellent up-and-coming support acts from the national circuit before they hit the big time.

The Key also plays host to some highly acclaimed feature length touring shows including Paul Sinha (May 14), Tom Ståle (May 25), Richard Herring (Jun 10), and Sara Pascoe (Jun 23 – see interview) plus the return of Edinburgh Fringe Previews (Jul 8 & 22).

Other big names to look out for include The Rubettes (May 13), Jodie Prenger as she stars in *Tell Me on a Sunday* (Jun 7 – see main feature opposite), Clare Teal (Jun 17) and her trio, and finally, the cast of *Rhythm of the Dance* (Jun 29) bring the sights and sounds of Irish dance to life.

● www.vivacity-peterborough.com/keytheatre

Sara Pascoe – Animal
23 June, 8pm
Key Theatre
Peterborough

WE DIDN'T MEAN TO GO TO SEA...

Eastern Angles Theatre Company are known for popping up in unexpected places.

Touring is in the company's DNA and taking performances to non-traditional theatre spaces is what they do best. Over the years audiences have come to expect high-quality productions staged in tithe barns, churches and village halls. Recently this has extended to performing in the basement of Serpentine Green Shopping Centre with their heart-warming Christmas show *Nativity Blues* and on former USAA. Now, Ipswich-based theatre company Eastern Angles have new plans for their next show *We Didn't Mean to Go to Sea*. Based on one of Arthur Ransome's classic children's books, the theatre adaptation will this summer be brought to an aircraft hangar in Suffolk and a pop-up theatre tent at Nene Park in Peterborough.

This will be the second outing for this adaption by acclaimed Nottingham playwright, Nick Wood. Eastern Angles' first staged the show in 2008 in a marquee on Ipswich Waterfront. The show was a sell-out success and gained much critical acclaim, but plans to take *We Didn't Mean to Go to Sea* further afield were scuppered.

'The last time we did this show we were prevented by copyright difficulties from extending the run because of a large tour of *Swallows & Amazons* that was also touring massive theatres at that time,' says Eastern Angles' Artistic Director,



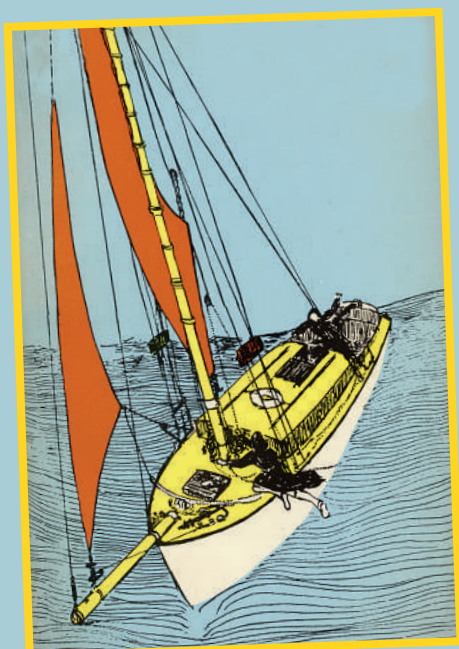
Ivan Cutting. But, as Ivan explains, this initial curtailing of the first tour has been a benefit to the people of Peterborough. 'Actually, it's all worked out very well', says Ivan. 'Waiting until now means we can bring the show to a perfect *'Swallows & Amazons* style' setting in Peterborough, complete with a boating lake, and the new Nene Park facilities.'

'I'm so excited by this show because it is the one Arthur Ransome story that depicts a real adventure, rather than a pretend one involving make-believe pirates.' In *We Didn't Mean to Go to Sea* the children accidentally sail out to sea from the Suffolk coast, the waves are 10 feet tall and their lives really are in danger. 'I've always loved the classic piece of parenting advice dished out by the children's father, via telegram, in Ransome's more well-known book, *Swallows and Amazons*. The Swallows write to their dad asking permission to sail to Wild Cat Island. "Daddy" replies with the famously blunt phrase; "Better

drowned than Duffers, if not Duffers won't drown" which always makes me smile! In our production the older siblings, John and Susan, have to grow up fast and become mum and dad to the younger Roger and Titty, and in the end all the children have to step up to the plate to prove they are not "Duffers".'

After a two-week run at The Hush House Hangar at Bentwaters Parks near Woodbridge from June 23-July 9, Peterborough audiences will get their chance to see Eastern Angles version of this Arthur Ransome classic story at Ferry Meadows, Nene Park from Wednesday 13-Sunday 17 July.

Teresa Wood, Head of Visitor Services, said: 'Nene Park Trust are delighted to be hosting the Eastern Angles adaptation of Arthur Ransome's book in Ferry Meadows. With so much water around, Ferry Meadows provides the perfect setting for such a play. As well as the play Eastern Angles will be offering drama workshops to around 100 local school children hosted in the park in a pop-up theatre tent that is being set up specifically for the production. And our Lakeside Kitchen & Bar will be providing refreshments before the play and during the interval.'



To book tickets for Eastern Angles' *We Didn't Mean to Go to Sea* at Nene Park visit: www.easternangles.co.uk or ring 01473 211498

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Good times with the folk at Stamford Arts Centre

Folk music is enjoying a fantastic renaissance, and one of the best places to catch established and up-and-coming acts in the region is Stamford Arts Centre. We take a look at some of the highlights over the coming months...



**WEDNESDAY,
6 JULY
7.30PM**
£16 (£15) £14
students/groups 6+

Mànran

Folky and fresh – Mànran combine many musical qualities with staggering success: this new Scottish band have rocketed to the top of the folk music scene mixing traditional styles with elements of pop and rock, Gaelic- and English-language lyrics – and two styles of pipes (Highland and Uilleann)!

Catch them on their visit to Stamford in July – it's a must for folk and folk-rock fans alike.

'Mànran are an exceptionally talented bunch of young guys that are taking the music world by storm with their high energy, stomping tunes and phenomenal Gaelic/English songs' – Donald Shaw, Celtic Connections

Ten Strings And A Goat Skin

Hailing from Prince Edward Island off the coast of Canada, Ten Strings And A Goat Skin is a young bilingual trad/folk/fusion trio celebrating the music of Irish, Acadian, French and maritime cultures. Having the time of their lives immersed in the music they love, Jesse Périard and brothers Rowen and Caleb Gallant – still only 20- and 21-years-old – have already been winners at the East Coast Music Association Annual awards conference, received the 2015 ECMA award for World Music and have garnered numerous awards and nominations including several Canadian Folk Music Award nominations.

'...wowing audiences all over North America!' – Stephen Cooke, *The Chronicle Herald*

'A seamless, polished, barrel-drum-tight, innovative and wildly entertaining trad. music powerhouse' – Todd MacLean, *The Guardian*



**THURSDAY,
25 AUGUST
8PM**
£16 (£15) £14
students/groups

Pennyless album launch – *In The Park*

Where better to start than close to home? Pennyless are much-loved veterans of the regional folk scene, a hugely proficient trio with a healthy twist of innovation (*fRoots* magazine described them as 'a psych-folk tradadelia gem').

Pennyless is Penny (vocals, fiddle); Les (guitar); and Graham (flutes and percussion). Despite a deep love and respect for traditional folk music, Penny, Les and Graham can't resist tweaking things a bit: influences include Talking Heads, Bob Dylan, The Velvet Underground and David Bowie, as well as established folk icons such as Bert Jansch and John Renbourn. If your tastes incline towards the fey and the puckish, you probably already know and love them – if you simply love beautiful music, deftly and confidently played, then Pennyless are waiting to welcome you to the fold...

In The Park is the fifth album by Pennyless, with guest performer Jo Hitchin on cello.



**FRIDAY,
3 JUNE,
8PM**
£8 (£6)

Judie Tzuke – Songs and Stories

Judie is one of the UK's most popular singer-songwriters, with a successful and richly creative career stretching back almost 40 years. Her best-loved songs include *Stay With Me Till Dawn* and *Welcome to the Cruise*, and anyone who loves thoughtful melodies and smoky vocals will find plenty more among her repertoire to fall in love with.

After the sell-out success of the Songs and Stories 2015 tour, which saw Judie perform over 40 concerts around the country, she is back on the road performing these special acoustic concerts. This promises to be an intimate evening of old favourites and new songs, and tales from across her life and career.



**FRIDAY,
24 JUNE
8 PM**
£20 (£19)



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Lights, actors, ACTION!

Every successful theatrical production relies on its stage manager. For Stamford Shoestring Theatre stage manager Helen Eskdale it's a challenge she relishes

When you sit back and enjoy a well-polished production it's easy to overlook the hard work that goes on behind the scenes. There's the lighting team, the props and costume department, the sound guys and a host of other backstage crew working flat-out to ensure a seamless performance. And in charge of them all is the stage manager.

For Stamford Shoestring Theatre Company stage manager Helen Eskdale it's a responsibility she thrives on: 'Essentially the stage manager's job is to make sure the cast are in the right place at the right time, that they are wearing the right clothes and carrying the right props, that they've got the right lighting on them, and that the right sounds come in at the right time. I am responsible for every aspect of running the play, from the technical rehearsal right up until it's curtains down on the final night.'



Performing *Good Things*, Shoestring's latest play

they need to be and what they need to do at all stages of the play.'

The smooth running of a production begins with the very first rehearsals when it's the stage manager's job to make notes on the minutiae: where and when people come on stage, what they are carrying, what they say, when they

changes and how many people we need to do that.' And all of this needs close and continuous communication with the director.

The successful run of a play is a genuine relief to the stage manager – and a cause for celebration, though it isn't without its twinge of sadness. 'You get really close to everyone; the actors and crew become like a little family. You work together for months and everybody supports one another during performance week. Each play is a one-off – even if you were to do the same play again you'd never have the same people and quite the same dynamic. But, of course, it's also a great feeling because you have put on something that the audience has hopefully enjoyed and that the cast have enjoyed performing.'



Helen stage managing behind the scenes

YOU WORK TOGETHER FOR MONTHS AND EVERYBODY SUPPORTS ONE ANOTHER DURING PERFORMANCE WEEK. THE ACTORS AND CREW BECOME LIKE A LITTLE FAMILY

Helen's role can be compared to that of a conductor: different actors and technical teams are brought into play at different times and it's the stage manager's job to coordinate all of that. While assistant stage managers may be on hand to share the load, the buck ultimately stops with Helen, and any production is only as good as its stage manager.

At the time of writing Helen was preparing for the final night of the fast-paced comedy *Good Things*. 'We have a lot of very, very quick changes during this play,' explains Helen. 'I always thought a quick change was about a page of script, but in this play we are down to about three lines! You have to be prepared well in advance; costumes and props need to be lined up and everyone has to have their lists so they know exactly where

come off and how long it is before they are back on again. 'You need to know everything, so that if an actor comes up to you backstage and asks 'where am I next going on from?' you can say 'you're stage left' or whatever,' says Helen. 'From the start I build up a picture of every actor's movements, what the set looks like as the play progresses and the challenges of that particular set, including props, scene



The Shaughraun

Don't miss *The Shaughraun* by Dion Boucicault, which runs from 12-16 July. Originally performed in New York in 1874, *The Shaughraun* has all the elements of a melodrama: sensational scenes; a traditional Irish wake; a jailbreak; swashbuckling swordplay; lots of kissing; and music and dancing; and a hero whose fiddle is the soul of every fair and the life of every funeral!

● To book, visit www.stamfordshoestring.com or call the Stamford Arts Centre on 01780 763203.



MAGIC OF THE MUSICALS WITH THE ROYAL PHILHARMONIC CONCERT ORCHESTRA

Following last year's sensational concert *Spectacular Classics with the Royal Philharmonic Orchestra* at Peterborough's Broadway Theatre which sold out weeks in advance, the city's award-winning choirs Peterborough Male Voice Choir, Peterborough Voices and Peterborough Youth choir are delighted to be bringing the Royal Philharmonic Concert Orchestra to the city for *Magic of the Musicals* - a whistle stop tour of musical theatre greats, which will be at the much-loved Broadway Theatre for one night only on Sunday 4 September.

Known for its versatile programming of classical, light classical and popular music, the Royal Philharmonic Concert Orchestra has an international reputation for working with celebrated artists from the worlds of classical music, pop music and West End musicals ranging from opera luminaries such as Andrea Bocelli, José Carreras, Lesley Garrett, Bryn Terfel, Renée Fleming, Kiri Te Kanawa and the late Luciano Pavarotti, to popular culture icons, including Burt Bacharach, Tina Turner, Henry Mancini, Liza Minnelli, Barry Manilow, Sting and Stevie Wonder.

Major engagements for the Orchestra in recent seasons include accompanying Sting on part of his world tour *Symphonicity*, as well as performing the music of John Williams for the production of *Star Wars: A Musical Journey*, both of which toured North America and Europe to widespread critical acclaim. The Orchestra has a flourishing international schedule, travelling around the world, from China and the Far East to North and South America, as well as appearing at major concert venues and many of the most celebrated summer music festivals across the UK.



The choirs are no strangers to performing in such stellar company – since 2011 they have collaborated with Blake, Bernie Nolan, Grimethorpe Colliery Band, the Britten Sinfonia and folk hero Jon Boden of Bellowhead - among others - in venues stretching from Truro Cathedral to the Sage Gateshead. In the last year alone, they have performed live on stage at their Broadway Theatre home with musical greats including Black Dyke Band, the

King's Singers, the Royal Philharmonic Orchestra and the Band of the RAF Regiment, as well as premiering a specially commissioned work by celebrated composer Errollyn Wallen - again with the Royal Philharmonic Orchestra - at prestigious classical music venue St John's Smith Square in London.

Conducted by William Prideaux and hosted by Jane Smith, *Magic of the Musicals* will be an unmissable opportunity to see the nation's favourite orchestra back in the city, featuring performances from the choirs including a medley from *Les Misérables* and excerpts from *Miss Saigon* as well as unforgettable solos, duets and instrumentals from the Orchestra showcasing many more musical theatre favourites, together with stunning staging and a breathtaking lightshow. The West End comes to Peterborough, for one night only: book now, tickets won't be around for long!



Magic of the Musicals with the Royal Philharmonic Concert Orchestra is at Peterborough's Broadway Theatre for one night only on Sunday 4 September at 7.30pm. Tickets from £16 at Peterborough Visitor Information Centre, by phone on 0333 666 3366 or online at www.peterboroughmvchoir.org.uk (fees apply).

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Ophelia on bridge street:

The Final Curtain

WORDS BY DAWN BIRCH-JAMES, CEO ART IN THE HEART



Ophelia is our last Summer Exhibition at the Bridge Street premises as we are leaving. The good news is that Queensgate has given our aspirational gallery and gift shop full endorsement and we are moving this July to No.13 Westgate Arcade. In their words, they 'simply love what we do'. We have pledged to contribute unequivocally to the high class appeal of this shopping arcade, recently refurbished and 'offering customers a range of quality independent specialists with an eclectic range of local and bespoke products'.

So what's new for our Westgate Arcade gallery and gift shop? We are launching our new brand, Art in the Heart...this

is love. It's about the love we have for our UK artists and makers. It's about connecting our audiences and customers with the compelling, individual narratives of our high class art and craft pieces. You will experience: the work of over 40 quality established artists and makers, most from within a 35-mile-radius of the city centre; a whole range of bespoke products not found anywhere else on the high street; top class exhibitions and events; live demonstrations and a full programme of workshops. We also continue our full bespoke and economy framing service and full range of off-the-shelf frames.

● **Keep up with the latest on our website www.artintheheart.co.uk or our Facebook Page.**

Millais and Ophelia

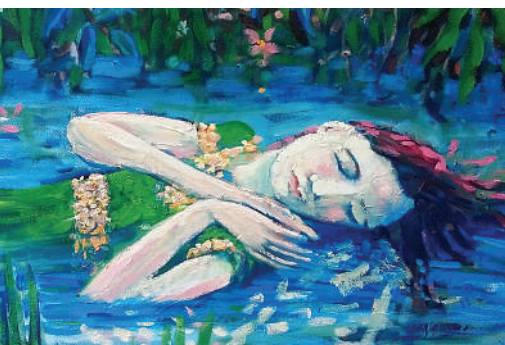
Millais always painted from nature itself with great attention to detail. His son wrote that his flowers were so realistic that a professor teaching botany, who was unable to take a class of students into the country, took them to see the flowers in the painting Ophelia, as they were as instructive as nature itself. It is said that he applied a magnifying glass to the branch of a tree he was painting, in order to study closely the veins of the leaves. The figure of Ophelia is also very closely observed, as Millais had a real model, most likely Elizabeth Siddall, who posed for him in a bath of water.

OPHELIA

Our Summer Exhibition Ophelia, which runs from Saturday 25 June to Sunday 10 July at our Bridge Street gallery, will showcase 26 commissioned pieces by established Art in the Heart artists and makers. They didn't need any persuasion to be part of this inspirational show, responding to the very famous and incredibly beautiful *Ophelia* painted in 1851-2 by the great Pre-Raphaelite artist Sir John Everett Millais. Using their own unique practices and styles, the artists' work will relay their own feelings and interpretations of this great painting. Included will be paintings, sculpture, mixed media art, pop art and textiles including an amazing piece of wearable



art by Liz Hunt textile artist. Special guest artist will be Lucinda Denning of Tooting, London. The Ophelia exhibition will be repeated later in the year in our new premises in Westgate Arcade.



What's On?

- **7 May:** felting workshop. Book online
- **9 May:** encaustic wax workshop. Book online
- **21 May:** Live Art Saturday with Carole Boyer encaustic wax artist
- **28 May:** Live Art Saturday with ceramicist Ewa Pandera
- **4 June:** Live Art Saturday with
- Prue Pye, figurative painter
- **11 June:** Live Art Saturday with Francis Reynolds, figurative painter
- **16 June:** felting workshop. Book online
- **18 June:** Live Art Saturday with Mary Kemp painter
- **25 June-10 July:** Ophelia. Art exhibition as part of the Peterborough Artists' Open Studios
- **www.artintheheart.co.uk**

Metal

Poetry is alive AND WELL IN THE CITY

With an abundance of national poets living in the city and spoken word nights such as *'Freak Speak'* bringing international performers to Peterborough, the poetry scene is full of inspiring talent and flourishing once more.

Not only can you enjoy the longstanding 'Pint of Poetry' – a monthly stand up poetry night for like-minded creatives – there is also an array of spoken word workshops coming up such as 'The Poets Calendar' at the Green Backyard. A new spoken word night 'Freak Speak' brings poetic talent from around the country to Peterborough and offers local emerging artists a chance to perform, furthermore scratch shows are regularly being developed and performed from emerging and established artists.

Current Peterborough Poet Laureate and the brainchild of Freak Speak Charley Genever tells us about the growing poetry scene.

"Peterborough's poetry scene is so welcoming, I've made so many friends through Pint of Poetry and Peterborough Poets United. I'm doing everything in my power as Poet Laureate to grow that incredible and nurturing environment alongside the terrific work of locally based poets like Pete Cox, Ross Sutherland, Mark Grist and Keely Mills. The core of Freak Speak is all about getting people excited about poetry. At Freak Speak there's audience participation, games, and showcasing the country's best poetic talent, and the crowd are encouraged to make as much noise as possible. Poetry doesn't have to be quiet." Charley Genever – Peterborough Poet Laureate

National talent such as Ross Sutherland and his highly acclaimed show 'Stand By For Tape Backup' and slam maestro Mark Grist have both developed shows in the city before exporting them to festivals around

the world. Now it's the turn of poet Pete Cox and his new show 'High Stakes'.

Many will know Pete (The Cardinal) Cox. He is a Peterborough based poet and performer and one of the organisers of 'Pint of Poetry' at Charters bar in the city centre. Whilst in residence at arts organisation Metal, Pete has developed a new full-length 'spooky' word show that stems from his childhood fascination with plastic fangs, forbidden cults, fake blood and generally all things that scared him. Pete utilises elements of horror, film noir and puppetry to create 'High Stakes'.

Pervious Peterborough Poet laureate and current artist in residence of 'The Dracula Society', Pete will be showcasing 'High Stakes' on Thursday 26 May at Chauffeurs Cottage. Pete has been supported by Metal with research and development time and use of the rehearsal space to develop his new show. He's also been working in partnership with guest mentors Mark Grist and Ross Sutherland, with financial assistance from

Arts Council England. This is a rare opportunity to see the show first in this very intimate setting.

'High Stakes' looks at what might scare us all. From the everyday to the stuff of nightmares, Pete takes us on a journey from back-street literary societies who celebrate the unfashionable genre and its near forgotten authors, to our own personal frailty or fear of failing to pay the mortgage! Follow Pete into the darkest recesses of human existence with the prospect of spot prizes for the most dazzling shoes too!

There are plenty of poetry and spoken word events to dip you toes into and get a taster of this ever growing art form within Peterborough. To find out what poetry events or other activities are happening in Peterborough visit www.ideal.org.uk and sign up for the weekly newsletter.



High Stakes

26 May, 7.30pm (doors open 7pm)
Chauffeurs Cottage (behind the Town Hall),
1 St Peters Rd, PE1 1YX

Tickets: £4, reserve your ticket online at
www.metalculture.com/whats-on and pay on the
door or call 01733 893 077



SKY OF poppies

To commemorate the 100th anniversary of the Battle of the Somme, Queensgate Shopping Centre has commissioned Peterborough-based, internationally working artist Charron Pugsley-Hill to create a stunning art installation – the Queensgate Sky of Poppies.

Over 1,000 handmade felted poppies, each representing 1,000 men from all sides who gave their life at the Battle of the Somme (the bloodiest battle in history), will hang from the ceiling of Queensgate and cascade to the floor in North Square (outside John Lewis).

'The poppies are the souls of those who died reaching from heaven to connect and touch the souls of those looking and watching below,' says artist Charron Pugsley-Hill. 'I am absolutely thrilled and honoured to have been asked by Queensgate Shopping Centre to create The Sky of Poppies to commemorate the Battle of the Somme in 1916. I have, since 2014, been creating a series of



work commemorating the people, events and places of WWI a hundred years on and this is my largest and I believe will be the most emotional yet.'

Charron will be working with artisan felter, Eve Marshall who will be teaching local community workshops to create the 1,000 poppies needed.

Schools, groups, and the community are being encouraged to get in touch with Charron to make their contribution to the Sky of Poppies.

Mark Broadhead, Centre Director at Queensgate Shopping Centre has made his poppy to be added to the installation. He said: 'This is a wonderful piece of art that has a deep meaning in Peterborough and will celebrate the lives of those who fought bravely in the Battle of Somme. The final installation will be a stunning and emotive spectacle that can be enjoyed by all.' 131 men from Peterborough died at The Somme – a large number considering Peterborough was a market town at the time.

The Queensgate Sky of Poppies will attract attention from across the world as artists and individuals are invited to make their own poppies

to be included in the installation.

'It is incredibly exciting that this project is reaching other parts of the world and we want this to be very much a community piece for the people of Peterborough, therefore I'm encouraging community groups, businesses, schools and individuals to get in touch with me directly to arrange for when and where their poppy can be made,' Charron adds.

Poppy kits are available from www.evemarshall.co.uk with all profits going to The Royal British Legion and a film of how to make a felted poppy is available on YouTube at www.youtube.com/watch?v=Zgf95bEWRuY



- To make an enquiry, email Charron at happyart@charronpugsleyhill.com
- The Queensgate Sky of Poppies will be unveiled in the shopping centre on Friday 24 June – a week before the date the battle began on 1 July.
- Follow the progress of the Queensgate Sky of Poppies at www.facebook.co.uk/queensgate, www.twitter.com/Queensgate_PB



Open Day at Clayburn Court

At Clayburn Court care home, you'll find a highly skilled team that's passionate about helping your loved one to live happily and independently, providing support and specialist dementia care, 24-hours every day.

**Visit us at our Open Day
Saturday 21 May – 10am – 2pm**

Come and find out more! Enjoy homemade refreshments and take a tour of our beautiful new care home. Visit our café, hair and beauty salon, numerous lounges and landscaped gardens.

**More than 45 years' experience.
Not-for-profit group.**

To find out more, call us free on

0808 163 6277

or visit www.clayburncourt.co.uk

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HOORAY

FOR HALF TERM!

There are no excuses to be bored this half term.

With something for everyone across Heritage, Libraries and Sports, Vivacity has fun-filled adventures and activities to keep the whole family entertained for the entire week – and beyond!

Drop in to the Zoo-seum, where the animals are taking over at Peterborough Museum, enjoy Roald Dahl's Revolting Rhymes with poems, pictures, activities and quizzes at Peterborough Central Library, celebrate National Elmer Day in May, with half term Elmer

the Elephant-themed story times across Peterborough's libraries, visit the Vikings at Flag Fen as they hone their battle skills ready for the invasion of Peterborough at this year's Heritage Festival and combine fun and fitness across the city's Sports Centres with Club Viva – including Army assault course training and a Nerf War!

**COME
ALONG
AND GET
INVOLVED!**

PETERBOROUGH MUSEUM

ZOO-seum

Peterborough Museum

Tue 31 May - Fri 3 June 2016

10am - 5pm (last entry 4pm)

Are you barmy about birds of prey? Raving for reptiles? Serious about snakes? This half term, Peterborough Museum becomes Peterborough ZOO-seum as the animals are taking over!

See owls and other birds of prey from the Raptor Foundation on Tuesday and Wednesday, before Jungle Jo and her collection of creepy crawlies takeover on Thursday and Friday – you might even meet a snake or two! All animal interactions are led by trained professionals so this is a great, safe way to get up close and personal with some amazing and unusual animals, discover why colour is so important in the animal kingdom, and get involved with some hands-on activities.

There's no need to book for this animal extravaganza, just drop in!

Admission

- Children £3.00
- Adults £4.00
- Families £12.00
(under 5s Free)

LIBRARIES

Roald Dahl's Revolting Rhymes Family Learning Roald Dahl event Central Library - Fri 3 June 10am-1pm Drop in session - FREE

Join a tutor from City College's Family Learning service to celebrate Roald Dahl's centenary year!

In this session families can listen to some *Revolting Rhymes* and experience Roald Dahl's unique slant on traditional tales. After hearing some rhymes, families can create and decorate their own *Revolting Rhymes* scrapbook, and fill it with poems, pictures, activities and quizzes.



- Suitable for ages 6 and over, accompanied by an adult

Wimpy Kid Fun and Games! Hampton Library - Wed 1 June, 10am Werrington Library - Tues 31st May, 3pm Bretton Library - Wed 1st June, 2pm £3 per child

Everything you need to celebrate the *Diary of a Wimpy Kid* series....

'First of all, let me get something straight: This is a JOURNAL, not a diary. I know what it says on the cover, but when Mom went out to buy this thing I SPECIFICALLY told her to get one that didn't say "diary" on it. Great, all I need is for some jerk to catch me carrying this book around and get the wrong idea.'



FLAG FEN

Villainous Vikings!

Flag Fen Archaeology Park
Saturday 11 Jun - Sunday 12 Jun 2016
10am - 5pm daily (4pm last entry)



In preparation for their spectacular battle at this year's Heritage Festival, the Vikings are coming to Flag Fen to hone their skills before the invasion of Peterborough City Centre in July.

Discover what it takes to be a Viking warrior - see archery demonstrations, weapons displays, and battle skirmishes with the local Saxons! Visit the Viking and Saxon camps to experience life 1,000 years ago, plus there will be plenty of fun family activities.

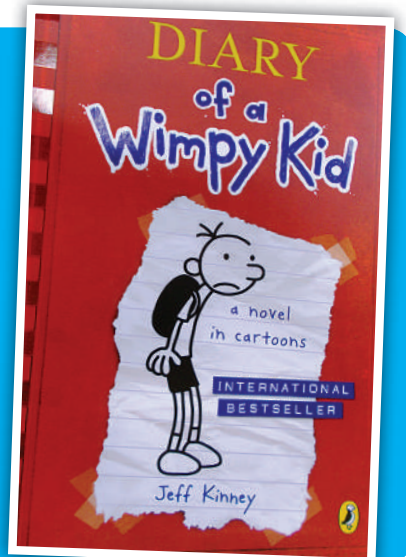
There's no need to book for this event, just drop in.

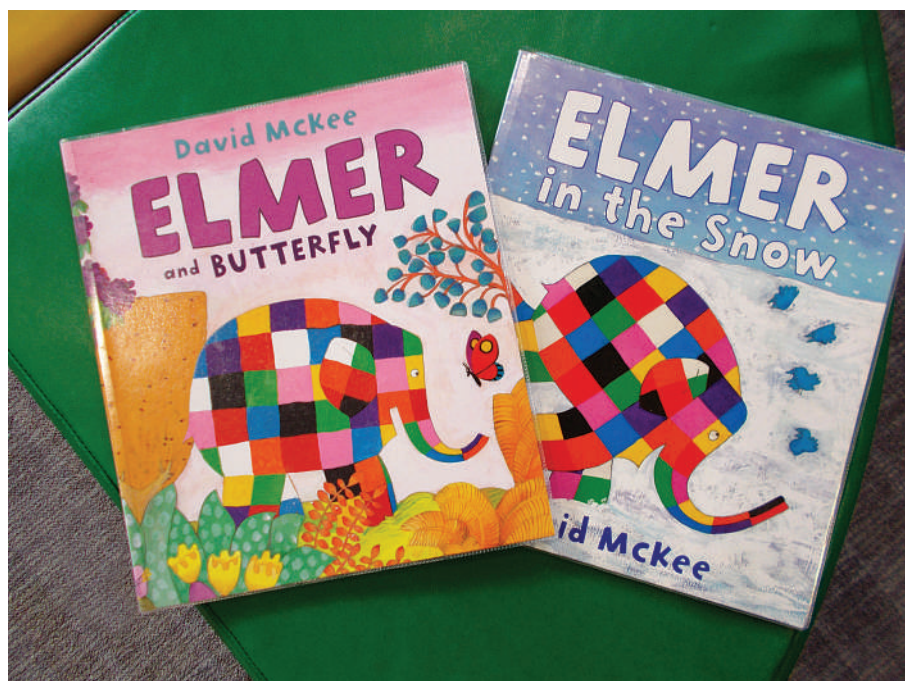
Admission

£8 for adults, £5 for children, £20 for families (2 adults & 3 children)
For more information, call 01733 864468 or email flag.fen@vivacity-peterborough.com

Celebrate Jeff Kinney's 'Wimpy Kid' books with some super awesome stuff to do in libraries this half term. Art projects, make your own comic, wimpy Kid Bingo and tons more games and activities! Design your own book cover, and have a go at writing your own diary (or JOURNAL?). Learn to draw Greg Heffley and write your own comic strip! Have a go at a game or two, and make bookmarks or badges. Test your Wimpy Kid knowledge with a fun quiz, and follow the trail to uncover the hidden word...

- Suitable for ages 7 and over Children must be accompanied by an adult
- £3 per child, book in advance at any library





Elmer the Elephant Story Times at all libraries FREE

Celebrate National Elmer Day in May, with these half term Elmer-themed story times.

'Elmer was different. Elmer was patchwork. Elmer was yellow and orange and red and pink and purple and blue and green and black and white. Elmer was not elephant colour.'

David McKee's first book about Elmer turned this adorable patchwork elephant into a children's favourite. Deservedly a modern classic, with over two million copies sold worldwide, Elmer's subtle message - which is that it is OK to be different - resonates with

children across the world.

Come along to your local library to listen to some Elmer stories, and take part in a simple craft afterwards. No need to book - just come along!

- **Central Library**
Tuesday 31st May, 10.30am
- **Orton Library**
Thursday 2nd June, 10am
- **Bretton Library**
Thursday 2nd June, 11am
- **Werrington Library**
Friday 3rd June, 10am
- **Story times are also held in smaller libraries - check with your local library for details.**
- **Suitable for ages 5 and under, accompanied by an adult**



CLUB VIVA AT VIVACITY SPORTS CENTRES

**Tue 31 May - Fri 3 June 2016
8.30am - 5.30pm**

The Club Viva crew welcome all 4-11's this half-term for super-sports, amazing activities and creative crafts! Their jam-packed timetable is designed to keep the kids on their toes as they hit the footie pitch, prepare for a full-scale nerf war with the Army assault course, get messy at the crafty kids session and even go treasure hunting with pirate games.

Club Viva takes place at Hampton Leisure Centre, Jack Hunt Pool & Gym and the Regional Fitness & Swimming Centre with different ranges of activities at different times, offering you the flexibility you need to find something to suit both you and your child. A full range of activities and timetables can be found at vivacity-peterborough.com/clubviva

All activities are suitable for 4 - 11 year olds and are subject to change at the coach's discretion. Any children under 8 MUST be accompanied in the pool by a parent/guardian when attending swimming. Additional activities will be provided for children not swimming.

Please supply children with their own lunch.

'At Vivacity, we understand that every parent's needs are different. As such, you can choose to book your child into Club Viva for selected days or the whole week - whatever suits you best...'

Club Viva kicks off on Tuesday 31 May and runs until Friday 3 June

Times and prices

● **Club Viva Hampton Leisure Centre and Jack Hunt Pool & Gym**

Price per day 8.30am - 5.30pm, £18 OR 10am - 4pm, £16.
Price per week 8.30am - 5.30pm, £80 OR 10am - 4pm, £70.

● **Club Viva Regional Fitness and Swimming Centre**

Price per day 8.30am - 5.30pm, £20 OR 10am - 4pm, £18.
Price per week 8.30am - 5.30pm, £80 OR 10am - 4pm, £70.



THE WILLOW FESTIVAL

450 new, emerging, unsigned and undiscovered live bands at three major festivals.



10th 11th 12th June



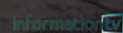
8th 9th 10th July



16th 17th 18th Sept

General admission just £10.00 + booking fee per festival. Come and go as much as you like all weekend. 14 years and under go free.

Tickets on Sale Now!
willowfestival.org.uk



THE VIKINGS ARE COMING!

For two days in July, the Heritage Festival – organised by Vivacity and Peterborough Cathedral, with support from Perkins Engines – brings the city centre to life with sights, sounds and smells from over **3,500 years** of Peterborough's history. Last year, the highlight was a dramatically recreated jousting tournament in the Cathedral precincts – so how were the organisers going to top that? One word: **VIKINGS!** Lots of Vikings... And 'wreak havoc' is top of their to-do list. We talked to Festival Director Stuart Orme about what's in store and what it all means for the city.

This year's main event commemorates one of the darker episodes of the city's history. What can you tell us about it?

There's an 'Invaders and Settlers' theme this year – different peoples coming into Peterborough over the centuries, which is obviously a substantial part of our

history. One of the more dramatic and less pleasant invasions, however, is that which took place during the Anglo-Saxon period. The Saxons really established Peterborough as it is today, with the founding of the first monastery in 655. Then, in 870, that great monastery – which was by that time already becoming one of the wealthiest in England – was completely destroyed by rampaging

Vikings. We're told that a Viking raid – quite probably the 'Great Heathen Army' that had invaded East Anglia that

year – put the population to the sword and left not a stone standing. So, we've got a number of Viking and Anglo-Saxon groups recreating those dramatic events in Cathedral Square. The aim is to have some scenery to represent the monastery and the defences of Peterborough at the time – Saxon fortifications that were known as 'burghs' – and then see what happens when the Great Heathen Army arrives and attacks the place! Fire, sword and destruction will undoubtedly follow – with some smoke effects to represent the destruction of the monastery. That battle will be happening twice a day over the Festival weekend.

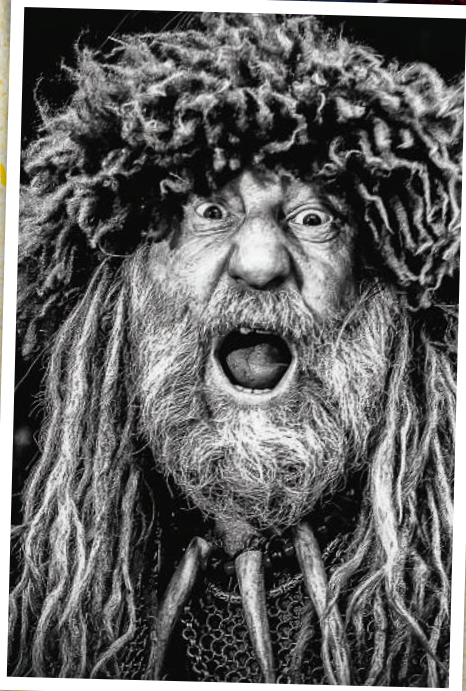
How many Vikings are we talking about..?

This year we have brought together four different Viking groups. Previously we've had members of the local branch of The Vikings society, Ousekjarr, and they are back this year along with two local groups and members of Regia Anglorum, which is one of the really big Viking societies. The reason we've used four societies is to ensure we can get the numbers. For the battle we're looking to put 70-100 Vikings and Saxons into the arena, rather than the 15-20 we normally have. It should be quite a spectacle! Then, on top of that we have all the civilians who come with the living history camp which is basically taking over the whole of the Bishop's gardens. It should be quite magical just to walk around there and experience this huge Dark Age encampment. They'll also be bringing with them a Viking ship, so you can get to see an example of the sorts of boats that made the Vikings such an awesome military force, being able to hit and run not only along the coastline but also up rivers, as they did again along the Nene in 1070.

The Festival isn't just about Vikings, of course – what are some of the other highlights?

Something completely different this year





is the country's only original 1960s mobile cinema. The government in the 1960s commissioned a number of lorries to be converted into mobile cinemas so they could go to remote regions and provide cinematic entertainment. Most of these have long since gone, but one has been lovingly restored and is coming to us over the weekend to be set up on St John's Square. This particular mobile cinema has access to all the Pathé News archive – all these two minute films on something quirky or interesting, or something to improve the mind. There are about 90,000 films in the Pathé News archive, within which there are a number which are about Peterborough.

These include the foundation stone of the Town Hall being laid in 1929, which is interesting because you see the royal procession – Prince George, as he was then – driving down the original, narrow, medieval Bridge Street and giving you a view of what Peterborough was like before that was developed. What we've done is select

They'll also be bringing with them a Viking ship, so you can get to see an example of the sorts of boats that made the Vikings such an awesome military force

eight or nine of those films which are being edited together to make a 12-15 minute film showing a variety of newsreels from the 1930s to the 1970s, and providing the opportunity to see how the city has changed. There's one about Walter Cornelius, the Peterborough strongman, who is being commemorated at the Lido this year. There's another from the 1950s showing the Royal Navy visiting Perkins Engines. At the time they were making engines for midget submarines, and there's lovely footage of them coming along and shaking hands with Frank Perkins and being toured around the plant. As Perkins is our sponsor it's really nice to have that connection. They'll be showing regularly 2-3 times an hour, so you can go into the cinema and see a bit of our past on the big screen. Their archive is also now all online at www.britishpathe.com, and there are about 40 relating to Peterborough – just type in 'Peterborough' they will all come up.

How is the Festival tying in with the ongoing anniversaries of various World War One events?

As always there will be WWI reenactors that weekend – particularly appropriate given that it is the centenary of Battle of the Somme. In relation to WWI and Peterborough's connections to it, there's also an ongoing project run by Vivacity and its volunteers which now has a website (www.peterboroughww1.com) featuring material from some

remarkable visitors' books from Peterborough railway station in 1916 and 1917. Servicemen passing through the city on their way home or heading back to the Front were encouraged by the ladies of the Temperance Society to stop and have improving cups of tea or coffee rather than going to the pub to get drunk, and there were visitors' books on the tea stall which they were invited to write in. And so there are these remarkable records by these men who just happened to be passing through – messages, cartoons, poems and so on. Volunteers have been transcribing the messages and researching the people who wrote them and this information is now all online, with messages going out live on social media on the anniversary dates of these men passing through Peterborough. And there are

some remarkable stories. There is a touring exhibition that is going around which tells the story about that and that will also be at the Festival, so there's an opportunity over the weekend to go along and chat to some of the team who have been involved, and find out some of the information that has been discovered so far. So, in addition to the fun of the reenactment, which brings the period to life, there's an opportunity to get involved and explore those very real human stories. A lot of societies and organisations come along over the Heritage Festival weekend if you're interested in that side of things. The Peterborough and District Family History Society bring along a mobile research facility, so if you're interested in finding out more about local history or researching your family tree, there are people there who can advise you about how best to do that.



Are there other ways that visitors can get hands-on with history?

Yes! Quite literally, in fact; one of the exciting new things is real live archaeology on site...

On the northwest side of the Cathedral there's about an acre of ground between the Deanery and Wheel Yard. It's really interesting because it's not been substantially built over – at least, not for a long time. There hasn't really been a significant amount of digging inside the Cathedral precincts because it's full of listed buildings, scheduled ancient monuments or graves, and finding a patch of land within the historic precincts where we can dig is quite unusual, so we seized the opportunity to carry out some archaeology there. We also wanted to do something where people could come along and get involved, so during the ten days before the Heritage Festival there will be archaeology going on, facilitated by

then a stone wall on top – which we know was roughly in that vicinity. So, what we're hopefully doing for the very first time is excavating substantial remains of the Anglo-Saxon defences of the monastery – live! There are bits of the Anglo-Saxon abbey that survive underneath the Cathedral – there's a sort of undercroft that was created by Victorian workmen when they were underpinning the tower in the 1880s, and they found part of the Anglo-Saxon church there. But that's only a small section of the church – it's also very hard to access, though we're hoping to create a digitised version of it to go online eventually. But the advantage with the live archaeological dig is that we can have guided tours on site throughout the weekend, whilst they complete the last few days of the dig, so people can see what we've found and listen to the archaeologists

We've got all these treasures in this area that we really don't shout about enough, and the Heritage Festival is an ongoing way of helping to do that

the Cambridge Archaeology Unit who will be excavating with schools and members of the general public. You can go online to register and get involved, and come along to dig one of five or six trenches which we're putting into the ground there – or come along to one of the daily guided tours during the dig.

Do you know what they might find.?

We've already done the geophysics using ground-penetrating radar – the sort of thing you see on Time Team that looks like a garden lawnmower, which can 'see' into the ground – and what we suspect we've got there is part of the defences of the Anglo-Saxon abbey. In other words the burgh wall – the ditch around the embankment and

explaining what it means. Plus, of course, we'll hopefully be looking at the defences from the very period we're recreating with the Viking attack. It might even go back as far as the Roman period; there is evidence of Roman stonework under the Cathedral and there is a suspicion that there was a Roman temple or monumental arch or something of that sort somewhere on his site. So, that's really exciting. It's not just about people dressing up and recreating something, it's the real stuff...

This Festival is unique in that all the events recreated relate specifically to Peterborough. Why take that approach?

We deliberately programme it so that it reflects the story of the city. We're very lucky in that we've got one of the richest stories of any city in the country, with 3,500 years of continuous human occupation here, so it's great to be able to tell that story and bring it to life, to make local people more aware of their history and their heritage – but also to attract many more visitors to the city. Part of this is about putting Peterborough on the map, particularly in the run-up to 2018 when the Cathedral is 900 years old. At the Cathedral we're already thinking about that, talking with our partners in the City Council and Vivacity, to Queensgate, Virgin East Coast trains, the other attractions in Peterborough and the business community about how we can best use the real unique selling point of Peterborough, which is



its remarkable story. We've seen in recent months all the Bronze Age finds that are coming out of Must Farm. We've got all these treasures in this area that we really don't shout about enough, and the Heritage Festival is an ongoing way of helping to do that, and when we get to 2018 that will be a year of celebrations to help change people's perceptions about Peterborough.

Other events that tie in with our history can help do that, too. This year is the 950th anniversary of the Battle of Hastings, and we're also hoping to get a Norman knight to ride around the precincts at the Festival. But beyond that we're working with English Heritage on another Hastings-themed event taking place in October, which they are calling 'Harold's Ride'. Dominic Sewell – who did the joust at the Festival last year, and was one of the armoured knights who accompanied Richard III's coffin when it travelled to Leicester for reburial – is planning to gather a number of his reenactment colleagues to ride from Stamford Bridge to Hastings to recreate Harold's journey to that fateful battle. They're stopping off at various places that we think they stopped at along the route, one of which, we're pretty sure, was Peterborough. We know that Abbot Leofric, who was Abbot of Peterborough at the time, actually went with Harold. Unfortunately Leofric died en route and the rest of his entourage copped it at the battle, so the Battle of Hastings was not a good thing for the Abbey of Peterborough... So, hopefully they will be stopping here in October. That's just another way in which this city has a remarkable story, and how that story can literally put it on the map. Pretty much most national events you can think of we have some kind of connection to.



i The Heritage Festival Big Weekend In association with Perkins
2 & 3 July, 10am – 5pm daily
Cathedral Precincts, Cathedral Square, St John's Square
Admission FREE

www.vivacity-peterborough.com

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VISIT PETERBOROUGH CATHEDRAL

One of the most beautiful Norman Cathedrals in Europe.

- Katharine of Aragon and Mary Queen of Scots were buried here
- City centre location near shopping centre
- Picnic on the West Front lawn
- Open daily. Free entry, donations invited
- Guided tours (Mon-Sat), spectacular tower & hidden places tours (selected dates)
- Choral Evensong 5.30pm most weekdays, 3.30pm Sundays



FIND OUT MORE...

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or call 01733 355315



**PETERBOROUGH
CATHEDRAL**

HERITAGE FESTIVAL EVENTS

The Peterborough Heritage Festival is a unique chance to experience 3,500 years of history. Held in and around the stunning historic surroundings of the Cathedral precincts, this is the city's most popular event, attracting over 34,000 people last year.

The Heritage Festival Big Weekend

In association with Perkins

**2 & 3 July, 10am – 5pm daily
Cathedral Precincts, Cathedral Square, St John's Square
Admission FREE**

This year's theme is 'Invaders and Settlers', celebrating many of the nationalities that have come to settle in the city over the centuries. A particular highlight will be a spectacular battle twice daily in the main arena where Vikings and Saxons will battle over Peterborough as they did in 870AD – the biggest Viking invasion in the city for a thousand years! Then take the opportunity to visit the archaeological dig in the Cathedral Precincts, where experts are hoping to uncover some of the remains of the abbey from this period.

Meet colourful costumed characters from our past, from Bronze Age warriors to World War II airmen. Over 30 local history societies, community groups and historic attractions, put on displays to show off the best of our local heritage. Relax with the family in the Children's Zone – an activity area for the kids with jesters, storytellers, games and activities in the Cathedral Cloisters.

Go shopping in the period market is held in the precincts, including displays of historic crafts and trades alongside a chance to buy a historically themed gift, alongside an exciting taste of unusual produce, food and drinks to sample or buy.

Inside the Cathedral will be a whole variety of activities, including the big bear drop 'Ready Teddy Go!' where children can make a parachute for a teddy bear, then watch as he is launched over the balcony, as well as other activities for a small charge. There are free taster tours; special tours of the rooftop spaces, as well as chance to meet Katharine of Aragon, Mary, Queen of Scots, Edith Cavell and Tudor gravedigger 'Old Scarlett'.

Don't forget to visit the 1960s mobile cinema on St John's Square. This beautifully restored and unique survival will be showing performances of Pathé news footage from Peterborough's past, highlighting life in the city from the 1930s to the 1970s.



KEYNOTE LECTURE

'Private Lives of the Saints: Power, Passion and Politics in Anglo-Saxon England'

An evening with Historian and Broadcaster Dr Janina Ramirez

Saturday 2 July at 7.30pm

Peterborough Cathedral

Tickets: Adults £14, Children/

Concessions £11 (includes intermission drink)

The Heritage Festival is delighted to welcome back Dr Nina Ramirez who will take up the themes of her recent book 'The Private Lives of the Saints'. Saxon saints, far from being the one-dimensional pious figures we imagine, were the power players, king makers and politicians of their day. By re-examining their lives – the art and literature that inspired them, the landscape and buildings that surrounded them, the issues that preoccupied them and the symbolic world that mattered to them – Nina Ramirez provides a unique and fascinating lens through which to explore the Anglo-Saxon world.

Dr Ramirez is at an Art Historian at Oxford University who broadcasts regularly for the BBC. Her documentary series have 'Saints & Sinners: Britain's Millennium of Monasteries', 'Illuminations: The Private Lives of Medieval Kings' and 'Chivalry & Betrayal: The Hundred Years War'. She is also a regular panellist on the Museum based panel show 'The Quizeum'.

The talk will be followed by a book signing in association with Waterstones. Tickets: Adults £14, children/concessions £11 (includes intermission drink). Available from the Key Theatre Box Office on 01733 207239 or online at www.vivacity-peterborough.com



FRINGE FESTIVAL EVENTS

William Smith - Colours Beneath your Feet Exhibition

28 May-10 July 2016, 10am-5pm
Tuesday to Sunday
Peterborough Museum
Free

This fascinating exhibition explores the life of William Smith and how he made the first geological map of Britain in 1815. His unparalleled achievement and the simple beauty of his map changed the way we see the rocks beneath our feet and the world around us. For more information call 01733 864663 or email museum@vivacity-peterborough.com

Archaeology in the Spotlight Talks at the Cathedral

A series of talks leading up to and throughout the Festival where leading archaeologists tell us about their most recent discoveries, to tie in with the Cathedral's current excavations:

● The Archaeology of the Cathedral Precincts

Tuesday 21 June, 7.00pm in the Becket Chapel, Cathedral Precincts
A talk by Dr Jackie Hall, Peterborough Cathedral Archaeologist

● The Pompeii of the Fens: Bronze Age discoveries at Must Farm

Friday 24 June, 7.00pm in the North Transept of the Cathedral
A talk by Mark Knight, Director of Excavation at the Cambridge Archaeological Unit

● All that Glitters: Anglo Saxons, Beds and Gold

Thursday 30 June, 7.00pm in the North Transept of the Cathedral
A talk by Alison Dickens, Manager of the Cambridge Archaeological Unit

● ● Tickets for each of the lectures are: £5 (£3 concessions), available via the Cathedral website or Peterborough Information Centre on 01733 452336 or on the door if available.

Get Digging: Archaeology in the Precincts

Thursday 23 June-Thursday 30 June, 3pm daily
Peterborough Cathedral
FREE Tour

In the North West corner of the Precincts, Access Cambridge Archaeology and Cathedral Architect Jackie Hall will be guiding school groups and volunteers in a community archaeological dig. Each day archaeologists will 'down trowels' and share the highlights of the day's dig. Tours last about 30 minutes - sensible footwear is advised as there will be uneven ground. The dig will also be open throughout the big Heritage Festival weekend, 2-3 July.

Hidden Heritage Guided Walk

Saturday 25 June at 2pm
Meet outside Peterborough Museum
£5 adults, £3 concessions

Find out more about the fascinating and often undiscovered history of Peterborough, from the foundation of the Saxon abbey to the modern city in an entertaining guided walk. For bookings telephone (01733) 864663 or e-mail museum@vivacity-peterborough.com



Discover Wild Food

Thursday 30 June at 4.30pm
Ferry Meadows
FREE event

Our ancient ancestors were able to forage and get much of their food from the landscape, and it's still possible to do this today! Get tips on collecting and identifying wild food that's safe and good to eat.

● Booking required. For details and bookings telephone (01733) 234193

Late Night Priestgate Vaults

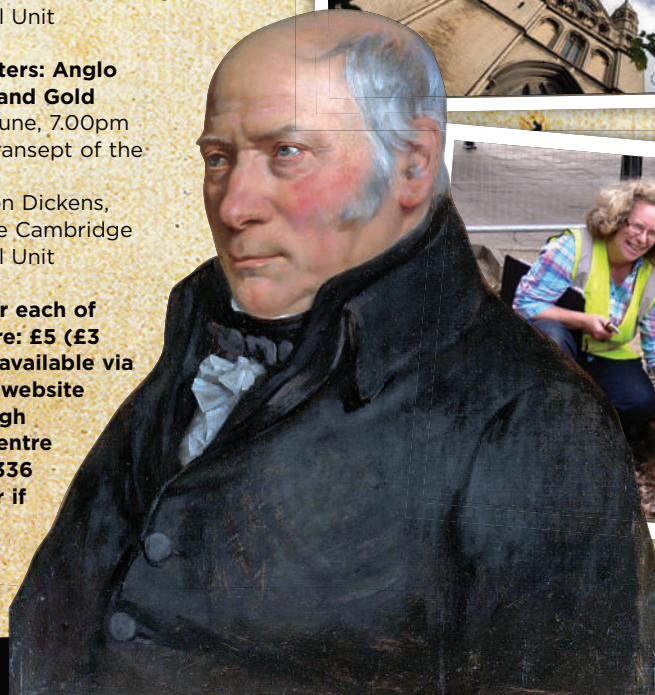
Thursday 30 June at 7:30pm
Peterborough Museum
£4 Adults, £3 (Children and Concessions)

The Vaults creak open their doors for a late night tour to offer more opportunities to experience the newest heritage attraction in Peterborough and celebrate 500 years of local history. Tours last 45 mins. Not suitable for under 8s or those of a nervous disposition. To book, call (01733) 864663 or email museum@vivacity-peterborough.com

Music for a Summer Evening

Friday 1 July at 7.00pm
Peterborough Cathedral
Tickets: £12.50 (U18s £6),
unreserved seating: £8

Peterborough Cathedral Choir, Youth Choir and Festival Chorus, conducted by Steven Grahl, present a short programme of music from the historic English choral tradition, including: Tippett Five Spirituals from a Child of our time, Finzi Magnificat, Walton Coronation, Te Deum. Tickets available online via www.peterborough-cathedral.org.uk or from Oundle Box Office on 01832 274734, Peterborough Info Centre on 01733 452336, or Stamford Arts Centre on 01780 763203



Theatre in the Park – a Midsummer Night's Dream

Friday 1 July at 7pm

Ferry Meadows

Tickets: Adults £14, children £10

Chapterhouse Theatre brings Shakespeare's *A Midsummer Night's Dream* to Ferry Meadows for an evening of theatre under the stars. Purchase tickets at Ferry Meadows visitor centre, Nene Outdoors reception or online at seetickets.com.

The Clockwork Infirmary

2 and 3 July, 10am-5pm

Peterborough Museum

FREE Event

It's a Steampunk takeover! As part of the Heritage Festival Big Weekend, for two days entertainers and traders will fill Peterborough Museum. Umbrella Fencing, Tea Duelling and Clockwork Snail Racing – it's all happening alongside trade stalls to kit you out for your new look. There's no need to book for this event, just drop in. For more information call 01733 864664 or email: museum@vivacity-peterborough.com

Green and Cheerful: A talk by Claire Foster-Gilbert

Tuesday 5th July 7.30pm

Becket Chapel, Peterborough Cathedral Precincts

FREE admission

Come and be inspired! Claire Foster-Gilbert, founder Director of the Westminster Abbey Institute, is a leading thinker on ethics and environmental issues. She is the author of books such as *How many light bulbs does it take to change a Christian?* and *Don't stop at the lights*. Organised by the Peterborough Eco-Faith Network with Peterborough Cathedral

Abseil down the Cathedral!

Friday 8th and Saturday 9 July 9.00am-5.00pm

Peterborough Cathedral

Free to come and watch (Fees apply to abseil)

Brave participants in this sponsored event will raise funds for the



Peterborough Pub Quiz

Weds 6 July at 7pm

The Brewery Tap, Westgate Free

The famous quiz returns! Can you tell your Baker Perkins from your Perkins Engines? Have you any idea which Peterborian founded Pizza Express? Then this could be the quiz for you... come and test your knowledge of Peterborough in a special pub quiz. Teams can be three to six people and there are prizes to be won! To book your team, call (01733) 864663 or email museum@vivacity-peterborough.com

Inns & Taverns Tour

Thurs 7 July at 7.30pm

Meet outside

Peterborough Museum

£5 adults, £3 concessions

Take a trip down memory lane with a costumed guide and discover the fascinating stories behind many of Peterborough's pubs. To book, call (01733) 864663 or email museum@vivacity-peterborough.com



Peterborough 900 campaign as well as enjoy a once in a lifetime opportunity to abseil down the side of the West Front of Peterborough's most iconic historic building! Come and watch, or take part if you book online well in advance (limited spaces). <http://shop.peterborough-cathedral.org.uk/abseil>

Hidden Heritage Guided Walk

Saturday 9 July at 2pm

Meet outside Peterborough Museum

£5 adults, £3 concessions

Find out more about the fascinating and often undiscovered history of Peterborough, from the foundation of the Saxon abbey to the modern city in an entertaining guided walk. For bookings telephone (01733) 864663 or e-mail museum@vivacity-peterborough.com


Romans Return to Longthorpe

9th and 10th July 2016, 10am-5pm daily (last entry 4pm)

Longthorpe Tower

£4 Adults, £3 children, £10 Family

During the time of Boudicca's uprising against the Roman army, the 9th Legion were defeated and forced to take refuge at Longthorpe fortress – a Roman stronghold. Now the Legion returns to the village for one weekend only! Meet soldiers from the Legion, discover the story of the Romans in Longthorpe and get hands on with arms and armour. There's no need to book for this event, just drop in. For more information call 01733 864664 or email longthorpe.tower@vivacity-peterborough.com

A knight in full plate armor is riding a dark horse. The horse is adorned with red caparisons (blankets) featuring embroidered designs of a stag and a lion. The knight is also wearing a red surcoat. They are positioned in front of a large, ornate Gothic cathedral with multiple arches and windows. The scene is set outdoors on a paved area.

"THE HERITAGE FESTIVAL HAS BECOME ONE OF THE MUST-SEE EVENTS IN PETERBOROUGH'S CALENDAR, AND ATTRACTS BOTH LOCAL PEOPLE AND VISITORS FROM MUCH FURTHER AFIELD. WE CREATE A GATEWAY TO THE PAST AS VISITORS COME TO THE UK'S ONLY CITY CENTRE-BASED MULTI-PERIOD LIVING HISTORY FESTIVAL, CELEBRATING OVER 3,500 YEARS OF PETERBOROUGH'S REMARKABLE STORY."

Kevin Tighe, Chief Executive of Vivacity



Peterborough Museum Garden

Most Peterborough residents are familiar with Peterborough Museum and its imposing Georgian façade; once the city's first hospital, it was converted from a grand private residence which was in turn built on the foundations of a Tudor house. But few may be aware that, tucked behind it, is a beautiful, tranquil garden – now lovingly restored to reflect the site's fascinating 450-year history.

When the decision was made in 2012 to bring the Museum's garden back to life, it didn't look like a terribly promising prospect. 'The team were faced with a disused area tucked between two wings of the modern building,' explains Vivacity's Volunteer Development Manager Gill Benedikz. 'The ground was neglected with a very compacted surface, which probably dates from when the building became a hospital in Victorian times.'

The challenge was to create a low maintenance, accessible garden that enhanced the story of the building and which also encouraged wildlife – a project born out of a partnership between Peterborough Museum and Froglife, a national wildlife charity based in Peterborough.

And so the components of the revived garden came together: a raised bed for a Victory Garden, four wooden planters for medicinal herbs reflecting different eras of the building's life, a wildlife garden, seating and a shed. Once completed, the garden was handed over to the Museum and has been maintained by Vivacity volunteers ever since.

The Wildlife Garden

The wildlife garden contains as many native species as space and aspect allow, together with certain non-native species which also attract birds and insects. Herbaceous plants such as meadowsweet, angelica, lungwort, musk mallow and Gladwyn iris fill the space in front of the shrubs around the tree. 'An important consideration in designing the planting was to make the view from the Museum windows as green and pleasant as possible at all seasons of the year,' says volunteer Annie

Birchenough. The berries of holly and various cotoneasters combine with those of rowan, Gladwyn iris, snowdrops and crocuses to give visual interest and to provide food for wildlife.

The Victory Garden

At the beginning of the Second World War the government started a campaign to encourage people to produce their own food, as it was assumed there would be shortages. Gardens, parks and sports fields were turned into allotments to grow vegetables and keep chickens, rabbits, goats and pigs. People were encouraged to 'Dig for Victory', hence the name: Victory Garden.

'The soil in the Victory Garden was shallow and on top of compacted matter, making vegetable growing difficult,' explains Annie. 'So, the height of the surrounding border was raised using recycled wood and nails, in keeping with what would have happened during wartime – as well as adding the modern advantage of making the garden more accessible to disabled visitors and volunteers.'

The choice of vegetables reflects what would have been planted during the war. 'Recent crops which have been grown successfully include potatoes, parsnips, carrots, broad and runner beans, tomatoes, leeks, marrows, lettuces and onions. Less successful were the cabbages, cauliflowers and Brussels sprouts due to the greedy nature of the caterpillars!'

The Herb Planters

The four herb planters each represent different eras – Tudor, Georgian, Victorian and 20th Century. In the Tudor planter you

will find feverfew to treat headaches and parsley – rich in vitamin C and iron and often used to treat stomach upsets.

Georgian times saw an almost total remodelling of the site resulting in the building we have today. 'The volunteers focused on what the Georgians were learning about the workings of the human body. Foxgloves, for example, were found to contain digitalis and used to treat heart conditions, a refined form of which is still in use today.'

By the Victorian era the building had ceased to be a house and became the hospital. 'Here the planter tries to represent in plants the huge advances in diagnosis and treatments. Herbal medicine was popular. Mint tisanes eased digestive problems and lavender was used by Queen Victoria as a deodorant and disinfectant.'

The final planter reflects the early 20th Century whilst the building was still a hospital. 'In the early 20th century herbs were in great demand to treat those wounded in war to help prevent infection of wounds and gangrene. Garlic has great antiseptic properties, as does thyme. Marigolds were important for wound dressings but the petals from the Museum garden are now part of the recipe for making delicious scones! Later that century the building became the Museum and to reflect the great cup of coffee you can buy in Squires you will find chicory, which was sometimes dried, roasted and ground as a substitute for coffee.'

All of this has been achieved by the hard work of volunteers. 'Peterborough is incredibly lucky to have such fantastic heritage sites and such a fantastic team of volunteers who care for them,' says Gill.



- If you want to find out more and get involved please contact volunteering@vivacity-peterborough.com or call 01733 864775 in the first instance.
- The Garden is open to the public every Saturday from April to September and access is by the gate in Trinity Street which runs along the side of the museum.



BURGHLEY FILM FESTIVAL

27 – 31 July 2016

Five days of fabulous films from
Harry Potter to Star Wars...



	Daytime session 10.30am – 4.30pm		Evening session 5.30pm – 11.00pm	
WEDS 27 JULY	11.00	Harry Potter and the Philosopher's Stone (PG)	18.00	Harry Potter and the Deathly Hallows Part 1 (12A)
	14.00	Harry Potter and the Prisoner of Azkaban (PG)	20.50	Harry Potter and the Deathly Hallows Part 2 (12A)
THURS 28 JULY	11.30	101 Dalmatians (U)	18.30	Bridget Jones's Diary (15)
	14.00	Puss in Boots (U)	20.30	Notting Hill (15)
FRI 29 JULY	11.30	WALL-E (U)	18.15	Mission Impossible – Rogue Nation (12A)
	14.00	Inside Out (U)	20.50	Spectre (12A)
SAT 30 JULY	11.30	Snow White and the Seven Dwarfs (U)	18.30	Hairspray (PG)
	14.00	Pocahontas (U)	20.50	Mamma Mia (PG)
SUN 31 JULY	11.30	Peter Pan (U)	18.00	Star Wars: The Force Awakens (12A)
	14.00	Ratatouille (U)	20.30	The Dark Knight (12A)

Daytime tickets will give access
to both screenings during the day
and evening tickets give access
to both evening screenings.

Advance ticket prices:

Early Bird until 1 May
2 May – 26 July

Adult

£10
£12

Child

£6
£7

During the festival ticket prices:

Day or Evening Ticket

£14

£8

Friends of Burghley:

Online pre-booking required

FREE

WWW.BURGHLEY.CO.UK

THE BIG Friendly Read

SUMMER READING CHALLENGE 2016

Coming soon! All children aged 4-11 years will be invited to take part in this year's Summer Reading Challenge at Peterborough Libraries.

The theme for 2016 is 'The Big Friendly Read.' The Challenge will be delivered in collaboration with The Roald Dahl Literary Estate as part of this year's **Roald Dahl 100 celebrations**.

Children will be able to sign up for the Challenge at any Peterborough library from Saturday 16 July.

The Big Friendly Read will feature some of Roald Dahl's best-loved characters and the amazing artwork of his principal illustrator, Sir Quentin Blake. It will encourage reading on a giant scale.

Each child's collector's folder will enhance their reading experiences by highlighting themes such as invention, mischief and friendship explored in Roald Dahl's most famous books and encourage them to expand their own reading by exploring similar themes, fantastic facts, characters and stories across the best contemporary children's writing.

What is it for?

Children's reading can 'dip' during the long summer holidays. The annual Summer Reading Challenge in libraries helps children to keep up their reading skills and confidence.

The Challenge takes place every year during the summer holidays. You can sign up at your local library, then read at least six library books of your choice, collecting incentives along the way – all for FREE.

'PHOEBE REALLY ENJOYS THE SUMMER READING CHALLENGE. SHE HAS DONE IT FOR 3 YEARS NOW. IT REALLY ENCOURAGES HER TO READ MORE, AND TRY OUT NEW BOOKS.'
 - Parent of Phoebe, aged 8



Meet the Animals! with Lion Learners

Have you ever wanted to introduce children to the characters in books for real? Well this is your chance. Listen to a story or two, and then afterwards there will be a meet the animal session. Children get the chance to hold the animal featured in the book and ask questions. A wide range of animals will be coming along! Lion Learners presenters are highly trained with a range of animal, environmental and teaching qualifications.

£3 per child, accompanied by an adult. Suitable for ages 4 and up. Book in advance at any library

Friday 12 August at the following libraries:

- Werrington Library, 11am
- Hampton Library, 1pm
- Bretton Library, 3pm

Look out for craft sessions being run by Vivacity's young volunteers during the holidays at selected libraries! Please check the website for details nearer the time.

Where to take part:

- Central Library
- Orton Library
- Stanground Library
- Woodston Library
- Bretton Library
- Dogsthorpe Library
- Eye Library
- Hampton Library
- Thorney Library
- Werrington Library



How does it work?

Children can read whatever they like – fact books, joke books, picture books, audio books – just as long as they are borrowed from the library.

Every time children finish a book they will get a limited edition collector card as well as other rewards and there's a certificate for everyone who finishes.

For the first time this year we are offering a pre-school card where children aged 3 and under can join in and collect stickers for reading alongside their siblings.

The Summer Reading Challenge 2016 is open to all school children and is designed for all reading abilities. It is produced by the Reading Agency in collaboration with The Roald Dahl literary Estate and delivered by libraries.

'IT'S A GREAT WAY TO GET THE CHILDREN READING THROUGH SUMMER – ESPECIALLY MY CHILD WHO DOESN'T READ FOR READING'S SAKE OR JUST FOR PLEASURE BUT FOR REWARDS. SHE LOVES GETTING CERTIFICATES IN ASSEMBLY.'

- Parent of 10-year old



www.vivacity-peterborough.com

Roald Dahl: The action hero and literary genius who enthralled the world

His childhood was like something from one of his marvellous children's stories, and his roles as a flying ace fighter pilot and secret intelligence officer would have been quite at home in his famous tales of suspense and intrigue...

Welsh-born, of Norwegian heritage, Dahl's love of words and stories began early in life when his mother Sofie used to tell him and his sisters traditional Scandinavian myths and legends, populated by trolls and witches. Later, in adulthood, Dahl would recount that his favourite books as a child were by some of Britain's finest storytellers: Charles Dickens, William Makepeace Thackeray and Rudyard Kipling.

But as famous as he was for his wonderful tales, Dahl's own life was a roller coaster of excitement and adventure. As a child, he was part of a gang of schoolboys who hid a dead mouse in a jar of gobstoppers at a local sweetshop. As a young man, his career with Shell Petroleum, for which he was stationed in Africa, was stalled by the advent of World War II. By 1939, he'd joined the RAF, and in 1940 he was made an acting pilot officer following six months' training in Hawker Harts. Before he was finally invalided home

in 1941, he'd shot down German fighter planes over Greece during the Battle of Athens, and had survived a serious plane crash in the African desert, after which he went temporarily blind.

It was during his next post – to Washington as an air attaché – that he discovered his talent for writing. In 1942, he turned his experience of crashing his plane in the African desert into a story, entitled *Shot Down Over Libya*, for *The Saturday Evening Post*, and this was followed a year later by his first children's book: *The Gremlins*.

Over the next almost-50 years, Dahl would produce a legendary body of work for adults and children, including *James and the Giant Peach*, *The BFG*, *Tales of the Unexpected* and *The Witches*. To date, Dahl's works have been translated into 59 languages and have sold more than 200 million books across the world. In 2008, *The Times* placed Dahl 16th on its list of "The 50 greatest British writers since 1945", and his awards for contribution to literature include the 1983 World Fantasy Award for Life Achievement and the 1990 British Book Awards' Children's Author of the Year. He has been referred to as "one of the greatest storytellers for children of the 20th century".

So, as we celebrate the centenary of Roald Dahl's birth and look forward to a new, blockbuster movie adaptation of

one of his most beloved stories, *The BFG*, in June, nothing could be more welcome than devoting the annual Summer Reading Challenge to his work. Raise a glass of frobscottle and settle down with a book, and enjoy the shining talent of one Britain's greatest-ever storytellers.



The Lido at 80

Peterborough Lido, enjoyed by over **20,000 visitors** annually, re-opens for the summer season on 28 May – and this year celebrates its 80th anniversary. Toby Venables talked to Jamie Fenton, Vivacity General Manager of Swimming Pools, and Jon Marsden, Vivacity Director of Sport & Healthy Living, about what's new, what's happening on the day and why the place is special to so many local people.

Opening day at the Lido – as an event, and a celebration – is a long-established Peterborough tradition. So what can we expect in this 80th anniversary year?

Jamie Fenton: Customers can enjoy free entry on opening day, and the Mayor of Peterborough will formally open the gates at 10am. But because we're celebrating the 80th anniversary, this year is going to be slightly different. We're going to have some collages of old images from 1936 to the present day on boards around the Lido, giving you a visual history of the place itself. We're also going to have music – a DJ, and school music performances. The City of Peterborough Swimming Club (COPS) will be showcasing coached lane swimming and we have the Sub Aqua Diving Club giving demonstrations on the day. There is also a new play area – we've invested over £25,000 in new themed equipment, including a pirate ship – and as a Charity we are promoting child swimming and offering free swimming for under 5s at all Vivacity pools across the city. We will also be unveiling the new Walter Cornelius weather vane and memorial plaque, with a special ceremony to mark his achievements.

Walter Cornelius was a much-loved local character, probably best known for his crazy stunts. How will the new weather vane commemorate him?

Jon Marsden: It's a fantastic memorial, and such a clever idea. In Peterborough there have been calls for years to mark Walter's remarkable life in some way. At one time there was talk of naming a street after him. He worked at the Lido for many years and was best known for trying to fly across the River Nene, so what better way to celebrate the man than having a weather vane on the Lido, directly adjacent to the river, depicting Walter trying to fly across it? It's just perfect. It was actually Chris Allan, a long-time friend of Walter's, who suggested the idea to me on opening day last year. There are lot of people in Peterborough who remember the man with such great

Peterborough Lido

Bishops Road, Peterborough,
PE1 5BW

The Lido is open 9am-7pm from opening day on 28 May through to 4 September, and offers three heated outdoor swimming pools; a 50m heated main pool, a 20m teaching pool for children and a paddling pool for toddlers.

An onsite café offers hot and cold food alfresco and families can enjoy the picnic lawn, sunbathing terraces and the new nautical-themed play area.

Prices

Entry to the Lido is £5.80 for adults and £4.10 for children.

Entry for a family of four is just £16.50 or £26 with food (includes a burger and a drink each).

Entrance to the Lido is free to some Vivacity gym members and discounted with some Vivacity cards, please ask staff for details.

Supporting children's swimming

As a charity Vivacity is committed to encouraging child swimming from an early age and ensuring children are safe in and around water. Vivacity now offer all children under 5 FREE swimming at the Lido during the summer as well as at three indoor pools across the city – ask staff for more details.

● For information call 01733 864761 or visit: www.vivacity-peterborough.com/lido





affection; he only had to walk through the streets and everybody would say hello. A really important character to this city – I'm just glad we're able to celebrate his life and have a permanent memorial to him.

What makes the Lido special?

Jon Marsden: It's a great day out, it's a meeting place, it's a place that families can enjoy, where you can relax on the terraces and read a book, or have a picnic. It's a really cost effective day out, too, and for those families who perhaps don't go away on holiday it provides outdoor activity right in the city centre.

Jamie Fenton: With the Lido you can spend an hour in your lunch break, a couple of hours after work or the whole day there – and people do when the weather is good. There's no time limit on admission. Once you're in there you have the 50m heated main pool, a 20m teaching pool and the paddling pool for toddlers. There are also the ever-popular sun bathing terraces at the top of the facility where you can sit and relax, the play area on the grass lawn where people can bring their own picnics. We opened the café a couple of years ago, so this is its third season offering hot and cold food, ice cream and drinks – and you can pay a fixed fee of £26 for a family of four which includes entry, a burger, and a drink for all four. It's a family day out, right on your doorstep. But if people want to bring their own picnics that's fine too. There are also family events throughout the season: with our one-man zorbs and hand-boats for the toddlers. It's a lovely place

Reader Offer
£1 off standard admission* with this voucher!
One per customer, valid until 30 June. T&Cs apply.

to be, and a great place to relax away from the hustle-and-bustle of busy city life.

'Lido' is an Italian word for bathing beach, and in a way I suppose it was meant to recreate that day-out-at-the-beach experience...

Jon Marsden: The Lido was built in 1936 and was a building of its time – quite simple in its design and construction. The way I would describe it is an oasis in the centre of town. It doesn't matter what you're doing or where you are, if you want that little bit of peace and quiet to relax, or a nice swim to cool off it's a great place to keep fit and active in the summer. It is the reason that thousands upon thousands of Peterborough people have used the Lido and continue to return year after year. We have a strong fanbase of individuals who are passionate about outdoor swimming and come rain or shine! It is a wonderful experience to swim outdoors, in the fresh air and the sunshine – a really healthy activity.

Many towns and cities had Lidos, of course, but why is Peterborough lucky enough to have one of the few that survived intact?

Jon Marsden: A lot of councils closed these facilities down in the 1970s and 1980s. Peterborough City Council has just shown vision and a strong commitment to outdoor swimming. There were various times when closing the Lido was considered, but those

Remembering Walter Cornelius

'I've been swimming at the Lido since about 1962, when I was four. My parents used to take me every morning before school, and Walter was one of the lifeguards there. In fact, my earliest memory of Walter is him getting me to swim. I ended up working there myself for 23 years, and we'd help Walter with his strongman tricks. He used to get a towel out of lost property, put it on his head, put a full-size paving slab on top and then just give you a sledgehammer and say: "Go on!" He really was a piper and youngsters would be spellbound by his exploits. When he tried to fly over the Nene – well, he knew he was never going to fly... But he knew he could get publicity for it and make a lot of money for charity. That's what everyone remembers him for, that picture of him in mid-air.' **Chris Allen**



thoughts were quickly overturned. I know that in the early 1990s there were discussions about the future of the Lido, and due to the level of support that it received from the general public, who did not want to lose it, it has continued to operate every year. Unlike a lot of outdoor swimming pools that are still in operation, it has also received quite significant investment in its infrastructure and equipment. It really is a much-loved facility and one we are very lucky to have.

It certainly seems local people have quite a strong emotional attachment to the place...

Jon Marsden: People have gone there from their childhood days and grown up with it. It's one of those places where over the years lots of young people have used it as a meeting place – for families, friends, boyfriends, girlfriends – so it does have that strong emotional attachment. We have people in their 60s, 70s and 80s who remember going there when they were children or teenagers, many continue to do so. There is that real nostalgia attached to it – and when the sun shines there's no better place to be.



ON WHEELS AND WATER

For some years now, disabled residents in and around the city have been able to enjoy unique, and even life-changing outdoor experiences at Ferry Meadows. Thanks to **Peterborough Sailability** and **Vivacity's Adapted Cycling Club**, those who have a physical, sensory or learning disability, are on the autism spectrum or are living with long-term health or mental health conditions are able to head out onto the water or get mobile on a range of adapted cycles. *The Moment* discovered how the two are now working more closely together to expand the offer further – and how they have created a whole new experience called **The WaterWheel** challenge...

Many of us take for granted the fact that we can get on a bike, step into a boat or take part in a fun run – and while we may never do these things, we at least know they are possible. Not everyone is so fortunate. Thanks to the efforts of an amazing bunch of dedicated volunteers down at Ferry Meadows, however, such experiences are now being made available for even severely disabled Peterborians – experiences that can, and do, change lives.

‘There was one lad who I took out on the water, and it absolutely poured down,’ explains Sailability volunteer helper Steve Edwards. ‘I was actually getting a bit concerned for him, because he was shouting: “Rain! Rain! Rain!” Then when we got in I told his carer what had happened and she said: “That’s the first time he has ever spoken...” The sensation of the elements, of being out on the water, somehow inspired that.’

Not every experience is so dramatic, but Steve is in no doubt that for those whose movement and sense of independence are normally very severely limited, getting out on the water or mobile on their own set of wheels is something that you just can’t put a value on. ‘I’m always humbled when I’m down here,’ he says.

Part of the secret is that it is guided by what people can do, not by what they can’t. ‘We work to people’s strengths, so if someone can only turn the boat one way then that’s what we do with them. There’s no pressure,



The Water Wheels Challenge

7 & 9 June

Gunwade Lake, Ferry Meadows,
Nene Park, Ham Lane PE2 5UU

Peterborough Sailability and Vivacity, through a network of volunteers and the use of specially adapted sailing boats and cycles, have allowed people – regardless of their age, mental or physical disability – to enter a world filled with new sensory and physical experiences. The Water Wheels challenge will, for the first time in Peterborough, combine both sailing and cycling disciplines in one accessible, fun event.

● To find out more, please visit:
www.vivacity-peterborough.com/waterwheels

no “You must do this” or “You must do that”. There’s one guy who comes who suffers from Alzheimer’s, and he says every time: “I can’t remember what you told me last week...” But I just say: ‘I’m perfectly happy telling you the same thing as I did

last week, just as long as you’re enjoying yourself”.’

For the cycling, which takes place nearby, this means an impressive array of equipment to cater to a very wide range of abilities. Matt Taylor, Vivacity Disability Sports Officer, explains: ‘We have trikes, quad cycles and hand cycles which are great for people with multiple disabilities. As interest has grown we’ve extended the range to include wheelchair users who don’t have the strength or mobility in their arms or legs. The range now includes a wheelchair transporter bike so even people with minimal movement can get involved.’

It all began over ten years ago when newly formed Peterborough Sailability set up home at Ferry Meadows in Nene Park. Peterborough Sailability founder James Hopgood – whose efforts last year won him a Royal Yachting Association award for Exceptional Contribution – describes how that came about: ‘It goes back to the summer of 2005, when there was no sailing for disabled people in Peterborough at all. Our friends at Rutland Water, who run a sailability club and Sailability centre, had been trying to encourage people from the Peterborough area to go up to Rutland and sail, but had very little success. It occurred to them that there was a very good lake at Ferry Meadows, so they decided to talk to Rotary Club colleagues in Peterborough to see what they could fix up there.’

James headed up the new committee, and by June 2006 Peterborough Sailability was opening one afternoon a week with three Challenger trimarans, seven or eight volunteers and six disabled sailors. Things have grown a bit since then. ‘On



our books we've got over 280 people, but in terms of regulars, we have about 150. Most come from within the city and surrounds, but we also have groups coming from Huntingdon, Thorney, Bourne, Stretton, Kettering, Corby..'

The Peterborough Adapted Cycling Scheme joined them at the Park three years ago. 'Initially it was set up for 5-19 year olds and it was designed to be a family-friendly social activity,' says Matt. 'Parents would get involved and bring their own bikes and we would provide the adapted cycles for the children. We have

Peterborough Sailability

Gunwade Lake, Ferry Meadows, Nene Park, Ham Lane PE2 5UU

Peterborough Sailability hold regular sailing sessions - weather permitting - on each Tuesday and Thursday throughout the season from April through to October.

The first sail is at 10am and sessions continue through to 4.30pm. Each session lasts about 30 minutes and costs £5, all of which goes towards the running costs.

It is essential to make a booking by telephone in order to plan the day. To book, please call 07948 262 919.

Peterborough Sailability is situated adjacent to the recently rebuilt Lakeside Kitchen and Bar with ample vehicle parking and refreshment facilities on hand. (NB: Vehicles over 2.1m high may need to contact the Park Ranger on 07860 308081 to gain access to the Park.)

- For more information on Peterborough Sailability, please visit: www.peterboroughsailability.org
- For more about Nene Park, please visit: www.neneparktrust.org.uk

Vivacity Adapted Cycling Club

Adapted Cycling at Ferry Meadows Watersports Centre

Nene Park, Ham Lane PE2 5UU
April - September
Thursdays 4pm-6pm & Saturdays 12.30pm-2.30pm
All sessions are £2 per person.

Handcycling and Tandem at Embankment Sports and Athletics Arena

Bishops Road, PE1 5BW
All year round
Wednesdays 10.30am-11.30am & 5.00pm-7.00pm



now opened the scheme up to adults and increased the access to include daytime use, holidays, evenings and weekends.'

As things developed, it seemed natural for the two organisations to work together. 'Many participants can cross over fairly comfortably from the sailing to the cycling,' says Matt, 'last summer we introduced the cycling group to sailing and vice versa. We also encourage day-care groups to come down and watch even if they aren't planning to sail. Offering two activities in the same location helps make things easier for our customers.'

Out of these activities grew the Water Wheels Challenge - a combined cycling and sailing event that aims to recreate the excitement of competition whilst ensuring that even the most severely disabled participants feel included. 'I did the Perkins



Great Eastern Run a few years ago,' explains Steve, 'and what always strikes you when you take part in events like this is the sense of achievement. It's not so much about winning the race; completing it is the achievement, with a crowd cheering for you when you cross the line, and the medal being awarded. That's what we wanted. Many of the people we sail with would otherwise never experience that. There's one little girl here who is so thrilled at the prospect of getting a medal. It's something that she would treasure - and that's what we want it to be: something that sticks in their mind, something that their carer and family can enjoy, and something that gives the participants a real boost.'

It is hoped that the Water Wheels Challenge will become an annual event, and that Nene Park can continue to expand its offering to become something of a hub for activities such as this. As James puts it: 'It's a community activity, out in the fresh air, helping people, some of whom have pretty restricted lives. People have said to me: "I'm confined to a wheelchair but when I'm in a boat or on a bike I'm as independent as everyone else - I'm no longer limited by my condition".'

This year we will be hosting two Water Wheels Challenge events that will take place on Tuesday 7th June and Thursday 9th June at Ferry Meadows. As places are limited, competitors wishing to take part in the Challenge will need register for their preferred date as soon as possible to avoid disappointment. Details are available at www.vivacity-peterborough.com/waterwheels, www.peterboroughsailability.org or by speaking to us at Sailability.





GOING ALL IN!

Peterborough has long been a force to be reckoned with when it comes to competitive swimming. Now, a new **Amateur Swimming Association (ASA)** approved Disability & Inclusive Swimming Pathway on offer at Vivacity's pools is extending the possibilities further still. It's aimed at residents who have a disability or are living with a long term health condition, but can also include families and carers – and caters to everyone from complete non-swimmers to potential champions. Toby Venables talked to two key people involved in the programme: Development Manager of Inspire Peterborough, Nikki Griffiths, and Special Olympics Peterborough Branch Co-ordinator, Kay Greenaway.

First of all, who is this new swimming pathway for?

Nikki: It's aimed at anyone, young or old, who has a disability or impairment of any description. That could be a physical disability, a learning disability, special needs – Autism Spectrum Disorder or ADHD for example – recovering from a stroke or living with a mental health condition. So, anyone who would benefit from specific sessions when the pool is a little quieter, and which may also be geared to their specific needs.

What does it offer?

Nikki: We have split it into different stages, so we go right from what we call pool-based therapy, which is ideal for non-swimmers who perhaps just want to get used to the water in a relaxing environment. We then have a second stage that is about rehabilitation, working closely with St George's Community Hydrotherapy Pool. According to Sport England, identified in its recent mapping exercise, more people live with pain than any other disability. St George's is able to

help people manage their pain through hydrotherapy. Then there are learn-to-swim sessions, and for those who want to take it further, levels that allow swimmers to train for local or national competitive swimming with the city's highly regarded swimming club COPS (the City of Peterborough Swimming Club). For a city with a small population COPS is a top ten swimming club in the U.K.

And some sessions can include parents and carers in the pool too?

Nikki: Absolutely. This is why we call it 'inclusive'. The whole idea is to make sessions available for all the family, regardless of disability, so they can enjoy sport and leisure activities together. Some sessions are geared to specific needs, too. There are some deaf-friendly sessions, for example, for children and adults who have impaired hearing or no hearing. There's also visually impaired sessions for people who have limited or no sight. For those with physical disabilities it's also about getting in and out of the pool in a safe way, having a hoist or steps with a handrail.

Rising star: Jaxon Simmons



16-year-old Jaxon Simmons, a student at Arthur Mellows Village College, is a visually impaired swimmer who has trained with the City of Peterborough Swimming (COPS) Club since 2011.

As a committed sportsman, Jaxon is supported by his parents, coaches and teammates to help him succeed. Jaxon's biggest achievement to date is holding the British record for his classification S13 in 1500m free, which he broke in December 2014. He also reached the finals of the 400m freestyle and the 100m butterfly events at the British Paralympic Swimming International Meet in Glasgow in 2014. This was his first major event, where he competed in seven races in total and he got to swim in the Commonwealth Games pool.

At the 2015 SportsAid Lunch Jaxon was the chosen grant recipient and was presented with a cheque to assist with costs for training and attending competitions. Since summer 2015 he has been placed in the World Class podium group, which means he has been identified as a potential medallist for the World Championships in 2017 or 2019, or the Tokyo 2020 Olympic and Paralympic Games. Jaxon will take part in training camps with the GB team and will receive support from a visiting support officer to help our programme provide the best for Jaxon.

Jaxon's ambition is to swim at the Paralympics as part of Team GB.

So, it's not only about the swimming – part of it is also about access – getting from home into the building, using the changing rooms and so on – and having staff who are properly trained to provide help wherever it's needed. It's the full experience, really.

This pathway can take swimmers all the way to championship level. Has the impact of the London Paralympic Games in 2012 changed the way people view programmes such as this?

Nikki: It has changed things, and people are now talking about the Paralympic Games as much as they are the Olympic Games. Peterborough has a number of local athletes who are already Paralympians – such as Harriet Lee, who has Beckwith-Wiedemann syndrome, won gold in the 100m Breaststroke (SB9) at the 2010 World Championships and bronze at the 2012 Paralympics. We are also trying to support those who are on the road to the Paralympics. One Inspire Athlete who is already preparing for the Paralympics in Tokyo 2020 is Jaxon Simmons, who trains with the mainstream COPS club and is visually impaired.

Kay, the Special Olympics is your area – what can you tell us about that?

Kay: Special Olympics is for people with learning difficulties from the age of eight, with no upper age limit. The Peterborough Special Olympics Swimming Group is well established being active for 30 years, and has recently joining forces with COPS. We are soon to take the squad to a regional event, and we are going to the



British Learning Disability Swimming Championship in Swansea later in the year. Then next year is the Special Olympics National Games in Sheffield, which runs every four years. We are taking eleven swimmers, along with one gymnast and two athletes. It all takes place in the university, and the squad stay for four nights with their carers and helpers and take part in the opening ceremony – it is staged like an Olympic Games. The new relationship with COPS means that our swimmers have the opportunity to integrate with the mainstream club through training and galas, and we share coaches and volunteers.

- For more information on this and other swimming pathways go to
- Inspire Peterborough: www.inspirepeterborough.com
- Peterborough Special Olympics Swimming Group: www.peterboroughsoswimminggp.wordpress.com
- City of Peterborough Swimming Club: www.copsclub.co.uk



DISABILITY & INCLUSIVE SWIMMING PATHWAY

STAGE 5

National all-inclusive competitive swimming

Special Olympics Swimming Groups with COPS (the City of Peterborough Swimming Club) at the Regional Fitness & Swimming Centre - competitive swimming in the Eastern Region and at the National Games Sheffield 2017

STAGE 4

Local all-inclusive competitive swimming

Special Olympics Swimming Group with COPS at the Regional Fitness & Swimming Centre - full training and support at local competition level

- Friday 8pm-9pm
- Sunday 7.30pm-9pm

Call 01832 274405 or email joh.sydenham@btinternet.com See www.peterboroughsoswimminggp.wordpress.com/

STAGE 3

Learn-to-swim and fun swim sessions

All-inclusive and disability-friendly sessions for all ages at Jack Hunt Pool & Gym

- Lane swimming Friday 5pm-6.30pm
- Swimming lessons Friday 6.30-7.30pm
- Open swimming Friday 7.30pm-9.00pm
- FINS disability swimming lessons age 5+ Saturday 10am-11am (at the Regional Fitness & Swimming Centre)

Call 01733 864 759 or email jackhuntpool@vivacity-peterborough.com See www.vivacity-peterborough.com/jackhuntpool

STAGE 2

Rehabilitation and shallow hydrotherapy

St George's Community Hydrotherapy Pool - a warm, relaxed atmosphere with optimum temperature for muscle relaxation

- Public sessions Monday-Saturday - various times available
- Public physiotherapy sessions Monday 3pm-3.30pm, 3.30pm-4pm, 4pm-4.30pm
- Aquatic fitness classes Thursday 6pm-6.30pm, 6.30pm-7pm, Saturday 12pm-1pm

Call 01733 453 583 or email stgeorgeshydrotherapypool@peterborough.gov.uk See www.sgchp.btcc.co.uk

STAGE 1

Pool based therapy - ideal for everyone including non-swimmers

Regional Fitness & Swimming Centre - therapy and relaxation with soft music and lighting as well as confidence building sessions for those new or returning to swimming.

- Aqua Therapy Monday & Friday 7pm-8pm
- Water Confidence Tuesday & Thursday 8am-9am
- Parents & Baby Monday, Wednesday & Friday 8am-9am
- Disability Sessions Wednesday 7pm-8pm
- Private hire (for groups of up to 24) Tuesday & Thursday 7pm-8pm

Call 01733 864 760 or email regionalpool@vivacity-peterborough.com See www.vivacity-peterborough.com/regionalpool



LIVING WELL

Vivacity can help you live a healthier and more active life if you have health conditions and you are aged 16 years or older, offering a range of weekly classes which can help people who live with conditions such as; diabetes, obesity, stress, anxiety, depression, dementia and many more. These classes are offered at a reduced rate for anyone who lives a sedentary or physically inactive lifestyle consisting of less than 150 minutes of activity per week. With awareness weeks for dementia, arthritis and mental health coming up through May and June, we look at what's on offer to alleviate these conditions.

Dementia Awareness Week 15-21 May

This year's Dementia Awareness Week will encourage people who are worried about dementia to confront their worries by addressing dementia directly and letting them know there are people who can help. Dementia can be frightening and many people don't know where to turn, but the Alzheimer's Society can provide practical support and advice, and are setting out in May to make people more aware of the issues. As they put it: 'we believe that life doesn't end when dementia begins'.

● If you, or someone you know, is worried about dementia, you can call the National Dementia Helpline on 0300 2221122 or email helpline@alzheimers.org.uk www.alzheimers.org.uk

Exercise Class for Dementia and Alzheimer's

Thursday 1.45pm-2.45pm at Hampton Leisure Centre

Aerobic exercise has been found to improve oxygen consumption which benefits brain functionality as well as reducing brain loss in the elderly. There is also growing evidence to suggest that physical exercise does not have to be strenuous or even require major commitment. This class is geared specifically to the needs of those with dementia and Alzheimer's, offering gentle but beneficial exercise in a friendly, welcoming environment

Arthritis Care Week 14-21 May

It is estimated that osteoarthritis – the most common form of arthritis – affects over 8.75 million people in the UK. Yet arthritis tends to be overlooked and is rarely discussed, often being regarded as simply an inevitable effect of ageing. Not all sufferers

About the classes

The classes involve aerobic, strengthening and stretching exercises, and are customised to your needs, conditions and abilities. All our classes are held in a private studio environment at Hampton Leisure Centre, and are led by trained and qualified members of staff. Tea and coffee will be served after every class in a friendly environment where you can meet others with a similar condition. These classes are able to provide the required support and advice needed when living with specific conditions.

are old, however, and there are measures that can be taken to alleviate both the pain and the progress of the disease. This May, during Arthritis Care Week, Arthritis Care is looking to raise awareness of what it's like to live with arthritis, encouraging people to talk about it, what it means to them, and the challenges and the triumphs.

● For free advice, you can call the national Arthritis Care helpline on: 0800 8004050

● www.arthritiscare.org.uk

Exercise Class for Musculoskeletal Conditions

Thursday 11am-12pm at Hampton Leisure Centre

This class is for you if you suffer from arthritis, osteoporosis or general joint pain. Exercise can increase synovial fluid production to keep joints healthy

and increase bone density. This can lead to significant health benefits, including increased joint range and stronger ligaments, and help achieve general all-round fitness – often difficult to maintain when movement is limited due to joint pain.

Mental Health Awareness Week 16-22 June

Mental health is just like physical health: it changes and fluctuates from day to day, and any one of us can suffer from stress, depression or anxiety, perhaps due to changing circumstances. Often these feelings pass, but if they don't they can develop into more serious problems. Simply talking to someone about how you are feeling can help – but because there is a stigma attached to mental health problems, talking about it can sometimes be difficult. In June, the Mental Health Foundation is raising awareness of the issues surrounding this area of our lives, with advice on where to turn if in need of immediate help – and their website has several useful points of contact.

● www.mentalhealth.org.uk

Exercise Class for Stress, Anxiety and Depression Thursdays 1.45pm-2.45pm at Hampton Leisure Centre

During exercise our bodies produce endorphins, which act as major mood enhancers, particularly if you suffer from depression, anxiety or stress related illnesses. Aerobic exercise has been proven to help reduce stress, and increase blood flow to the brain. In this class you will get the chance to meet and get active with others who share your condition.



- Each class costs just £2.50, call 01733 864 764 or email healthservices@vivacity-peterborough.com for more information.
- See more at www.vivacity-peterborough.com/healthservices

CELEBRATE

80 YEARS AT THE LIDO!

Join us at the **FREE** opening day celebrations

SATURDAY 28TH MAY 2016 AT 10AM



Take a dip in Peterborough's only outdoor heated swimming pool, and enjoy our **NEW** children's play area and alfresco café.

PRICES | OPEN DAILY FROM 9AM-7PM

FAMILY TICKET*	£16.50	ADULT	£5.80
*INC. FOOD	£26.00	CHILDREN	£4.10



Vivacity

Peterborough
Sport & Healthy Living

FOR MORE INFORMATION SEE

vivacity-peterborough.com/lido or phone **01733 864 761**

Bishop's Road, Peterborough. **PE1 1YY**

HEALTHY PETERBOROUGH!

In February 2016, Peterborough City Council launched the first of a series of themed campaigns to help the city and surrounding rural areas to better health. Part of a year-long programme targeting a different condition each month, this issue we look at two issues: mental health and the effects of alcohol.

Positive steps to better mental health

We talk to Emily Gray, Chief Executive of Peterborough and Fenland Mind, about ways of maintaining a healthy mind

Most of us don't talk about mental health very much – so what do we most need to be aware of?

Mental health is a spectrum just like physical health. Physically, you'll sometimes feel well, sometimes a bit tired, sometimes you might have a cold or your legs might ache. We all talk quite openly about these things. Mentally, there might also be some days when you feel on top of the world, and some where you feel stressed or low or anxious. The key thing is that we are all on that mental health spectrum – it's not just about mental illness – and the issues that can impact on your mental health are those of life in general: relationships, work, worrying about paying the mortgage...

There's action we take when we're physically ill, but there are also measures we can take the rest of the time to keep us healthy. Is it the same with mental health?

There are two principles that we really promote. One of those is called the Five Ways to Wellbeing, which is the mental health equivalent of your five a day. Just as eating those portions of fruit and vegetable every day will help keep you physically healthy, so doing the Five Ways every day will help keep you mentally and emotionally healthy. They are:

- **Connect** – connecting to yourself, to others, to the environment around you;
- **Give** – giving to yourself or to others;
- **Learn** – keep learning, which could

be anything taking a course to reading an article about something you're interested in;

- **Being active** – that doesn't need to be running a marathon; it could just be a gentle stroll around the park or taking the dog for a walk;

- **Taking notice** – again, that can be taking notice of your own moods, of others, or of the environment around you.

We also promote 50 Ways to Take a Break, which gives ideas about things you can do that are good for your wellbeing, and which take anything from a few seconds to 20 minutes.

Some of the examples are taking a walk outside, listening to a guided relaxation, take a bath, listen to music, engage in a small act of kindness or just doing gentle stretches. There are even free apps you can download that can help with meditation and relaxation. One thing we recommend is booking an appointment with yourself, whether on a daily, weekly or fortnightly basis. Book the time to do that nice thing, and treat it as a serious commitment. If you had an appointment with a friend you wouldn't let them down, so why let yourself down?

Sometimes we get ill no matter what we do. What then?

Talking – to somebody you trust, whether a colleague, family member or friend – is one of the key things you can do if you feel your mental health is struggling. Sometimes it's not easy to do, but often just having the strength to say 'I feel a bit low at the moment' can make a big difference. There are also places you can go for support. Your GP is there to

Shelf Help

Shelf Help: Reading Well for young people is a new reading list of 35 books selected by mental health experts and young people. It provides 13-18 year-olds with information, support and advice on a wide-range of mental health issues.

The books will be available for anyone to borrow for free from larger Peterborough libraries.

The list of titles is available at: reading-well.org.uk

help and can also refer you to various types of counselling. There is a psychological wellbeing service in Peterborough and Cambridgeshire run by the Cambridgeshire and Peterborough NHS Foundation Trust who you can also contact directly to be self-referred. Also at Peterborough and Fenland Mind we have a wide range of services and focus on early intervention and prevention, and you don't need a diagnosis or to come through a professional to access our services.

Useful links:

Cambridgeshire and Peterborough NHS Foundation Trust (CPFT)

Elizabeth House, Fulbourn Hospital, Cambridge, CB21 5EF
01223 726789 (open 8:30am to 5pm)
www.cpft.nhs.uk

Peterborough and Fenland Mind – Peterborough Office

Morley Way, Woodston, Peterborough, PE2 7BW
01733 530650
wellbeing@pfmind.org.uk
<http://www.pfmind.org.uk>

Samaritans

01733 312 727 (local call charges apply)
National number: 116 123 (this number is free to call)
jo@samaritans.org
Samaritans Peterborough, 441 Lincoln Road, Millfield, Peterborough, PE1 2PE
Usual hours open to receive callers at the door: 12:00pm-8:00pm

www.healthypeterborough.org.uk

ALCOHOL AND HEALTH

Like to unwind with a glass of something in the evening? If you're not careful it's easy for the occasional glass in the evening to quickly become two or three glasses most days...

It's not always obvious when you're drinking too much. However, your alcohol consumption could be affecting you in a number of different ways that you didn't even realise. Weight gain, lack of sleep and trouble concentrating can all be caused by excess drinking.

Men and women are

advised not to drink more than 14 units of alcohol a week, but how many of us really know what a unit of alcohol is?

With so many different drinks and glass sizes, from shots to pints – not to mention bottles – it's easy to get confused about how many units are in your drink.

Why cut down?

If you regularly drink above the lower risk guidelines, cutting back on alcohol can help your general wellbeing. Once you start cutting back, you'll probably notice the benefits. The biggest benefit is the reduced risk to your health, but there are lots of others, too.

Be healthier

Drinking too much too often can have an impact on your health. Reduce your risks by knowing how much you are drinking and making sure you don't drink more than the lower risk guidelines.

Save some cash

Drinking less is not only great for your health, it's also great for your wallet, too. The cost of drinking alcohol can quickly add up. Think how much you could save by making some small changes and cutting down.

Feel full of beans

Once you start cutting back, you may quickly find you have more energy and feel less tired during the day. Drinking can affect your sleep and stop you from sleeping deeply, so drinking less should help you feel more rested and full of beans.

Every little change helps

It's important to know how much you are drinking and that there are easy ways you can cut back, without cutting alcohol out completely.

You could try making some simple swaps when you're out, or, if you drink every day, having at least a couple of booze-free nights each week.

There are lots of great tools to help you drink less. Keep an eye on how much you are drinking with the drinks tracker app on www.healthypeterborough.org.uk and find out how you can make some simple drink swaps that still taste good.

1 UNIT



A small bottle (275ml) of lower strength (4%) alcopop



A half pint of lower strength (4%) lager, beer or cider



A single measure of spirit (40%)

2 UNITS



A standard glass (175ml) of lower strength (12%) wine or champagne



A pint of lower strength (4%) lager, beer or cider



A 440ml can of medium strength (4.5%) lager, beer or cider



A double measure of spirit (40%)

3 UNITS



A pint of medium strength (5%) lager, beer or cider



A large glass (250ml) of lower strength (12%) wine



A large bottle (700ml) of lower strength (4%) alcopop

4 UNITS



A large bottle (700ml) of higher strength (5.5%) alcopop



A 500ml can of higher strength (7.5%) lager, beer or cider

Need more support?

Struggling to cut down or think you might have a problem with drinking? Realising you have a problem is the first step to making a change. There's lots of help out there and a good place to start is with a visit to your GP who may refer you to the local Peterborough alcohol service Drinkline free on 0300 123 1110

BODY AND SOLE

With sports injuries and foot problems always in abundance, there's never a dull moment at **The Fane Clinic**. No two days are the same either, as this diary of a typical week at the clinic reveals

MONDAY

Morning

It's a crack-of-dawn 7am start for directors Stephen Pinning and Adrian Woolley who meet to discuss the week ahead. The clinic opens at 8am, with the first patient through the doors treated by foot health practitioner Louise for a verruca. Louise has a long day ahead and a lot of feet to treat before she finishes at 6.30pm!

Podiatrist and chiropodist Stephen performs his first procedure at 9am, working on a young man under local anaesthetic to remove a persistent ingrown toenail. Adrian meanwhile begins treating musculoskeletal injuries, with his first patient a footballer from the Posh Academy who has an injury to his knee.

Sports injuries are common on Mondays after a weekend of sporting fixtures and activities. Victoria, one of the clinic's sports therapists, attends to a middle-aged lady in pain with a back injury caused by picking up her grandson. She then sees a Peterborough Lions rugby player who has sustained an injury at a weekend match. The injuries couldn't have been brought on by more different reasons, but both receive detailed and sensitive treatment.

Afternoon

Directors Stephen and Adrian head off for a meeting with the Country Court Care home group. They meet the group's financial director to discuss providing continuing foot care to residents of their ever-growing portfolio of care homes.

The rest of the afternoon continues as busy as the morning, with all treatment rooms filled with patients across both the musculoskeletal and foot care clinics.

TUESDAY

Morning

This morning Stephen and Adrian are working together in the biomechanics clinic to carry out patient assessments. First in is a lady with a hip problem, referred to The Fane Clinic by physiotherapist Ian Fraser of the Nuffield Hospital, Cambridge. Next up is a four-year-old girl who is in-toe walking. She is prescribed orthotics and a visit to Zebedee Shoes on Oundle Road is arranged. The shoe shop works in association with the clinic and offers compatible footwear.

Tuesday also sees two foot clinics, which run throughout the day. Louise meanwhile heads off to visit PJ Care, a neurological care home in Peterborough, where she will provide foot care to the many residents.

Afternoon

Both Stephen and Adrian have a follow-up appointment with Lydia Gurley, an Irish national track cyclist. They check her progress after the clinic prescribed her orthotic insoles.

A late afternoon break in appointments allows Adrian and Stephen to catch up with emails and referrals, while sports therapist Vicky leaves at 3.30pm to head over to Bretton for one of the Peterborough Lions' training sessions.



WEDNESDAY

All day

It's midweek and today there are two busy foot care clinics. Foot care practitioner Louise is out from 8am to do her round of home visits. It's an early start as she's quite a distance to cover, from Bourne and Crowland in the north then out to Elton, Warmington, Alwalton and the Ortons in the afternoon.

Adrian teams up with Victoria to run the musculoskeletal clinic. The day sees a varied patient list, with conditions ranging from shoulder problems to ankle pain.



THURSDAY

Morning

Yet another early start for Adrian and Stephen, who begin their sports podiatry clinic with a 7.30am appointment. The patient is a runner suffering with plantar fasciitis (heel pain) who is preparing for the London Marathon. Next in is a 10-year-old girl from Cambridge. She is a very promising ballet dancer who has hypermobility and stability issues. Then it's a gentleman suffering with Parkinson's disease. He has balance problems and is looking for prescription orthotic insoles to help prevent him from falling over.

Afternoon

After a quick lunch Stephen and Adrian are back in the clinic to carry out chiropody and injury treatments. Adrian also spends a few hours during the afternoon with Lauren, the clinic's new Sports Therapist, before she heads off to work with Peterborough United's physio.

Meanwhile, after a busy morning running a foot care clinic, foot health practitioner Sarah must rush off for the afternoon to treat local Cherry Blossom Care Home residents. Sarah returns at 5pm but it's not homeward bounds just yet, as she now has a two-hour evening session to run. It's a long haul for everyone, with the clinic finally closing at 7pm.



IT HAS BEEN AN EXCEPTIONALLY BUSY WEEK BUT IT DOESN'T QUITE END ON FRIDAY FOR STEPHEN AND ADRIAN!



FRIDAY

Morning

Today Stephen and Adrian are travelling to two new Country Court Care home acquisitions in Richmond and Roehampton, Surrey. Their 11am meeting sees them discussing their foot care services with the care homes' managers. They also meet local practitioner, Linda, who will deliver these services to drop off the equipment she will use, including a new state-of-the-art jet spray drill.

Afternoon

The pair are back to Peterborough by 4pm clinic to check emails and close for the weekend. Working behind the scenes throughout the week is Anne in the accounts department, who processes invoices and accounts to the care homes and practitioners throughout the UK that The Fane Clinic works with. With care homes stretching from Sheffield down to Weston-Super-Mare, the team's primary aim to deliver quality foot care to the elderly and those with neurological disorders.

Also instrumental to the smooth running of the clinic is Susie, who carries out extensive stock control on a daily basis, while performing essential tasks such as submitting orthotic laser scan prescriptions to the orthotics laboratory in Detroit, Michigan. Susie also takes care of the medical files from each session and prepares records for the following day.

SATURDAY

It has been an exceptionally busy week but it doesn't quite end on Friday for Stephen and Adrian! They are back in the office on Saturday morning to put together a lecture on postural balance and body posture for a seminar they will be speaking at in June. With preparations complete, it's back home for a very well-earned rest – until next week!



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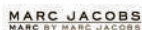
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When the summer heat is on, we all know to reach for the sun screen to protect our skin from UV rays – but your eyes may still be vulnerable...

These days, we're wise to the potential damage the sun's rays can do to our skin – everything from painful burning to skin cancer. While travelling abroad or enjoying the summer sun – when we tend to be more exposed – we routinely take appropriate precautions to avoid that damage, and tend to be pretty clued up about which sun screen factors to use.

How often, though, do we check that our sunglasses are giving us the same kind of protection? Our eyes are the most sensitive parts of our bodies, and as such are even more vulnerable to this type of UV damage – but unless specified, sunglasses won't give your eyes the protection from UV rays that is needed. In fact, unless a pair of sunglasses promises 99-100% UV protection, you shouldn't even think about buying them.

Many people buy their sunglasses from a fashion or clothing store because they want

to make sure their sunglasses are up-to-the-minute, or closely match their personal style. But visit an optician, and you can have choose highly-covetable, designer sunglasses that also have guaranteed UV protection. And if you usually wear glasses, then an optician can create prescription sunglasses for you, using frames of your choice, and supply expert advice on fit and shape, so the delicate eye area of your face is also protected from the sun.

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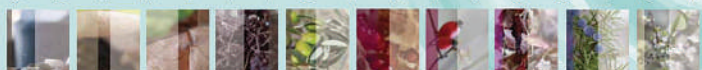
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NEW ELECTRIC WHEELS FOR LOCAL CHARITY!

The independent charity Peterborough Environment City Trust (PECT) has gained a new way to travel around the city and surrounding areas. The PECT electric car will help the charity to further reduce its environmental impact and continue to raise awareness of sustainable transport choices with local residents and organisations.

The electric car will be added to PECT's sustainable transport fleet, which includes bicycles for staff to use to get to meetings: "Using sustainable transport to carry out our work is important to us, whether that's by walking, cycling or by taking public transport. The varied nature of what we do means that there are some tricky journeys that staff have needed to use their own vehicles for - the electric car is intended to replace those," explains PECT's CEO Carly Leonard.

PECT is grateful for the support of Smiths Motor Group, who has teamed up with the charity to provide the new electric Nissan Leaf. The new PECT car is 100% powered by electricity, which means that it

produces no localised pollution – meaning cleaner air and reduced noise.

Electric vehicles charged using average UK mains electricity show a reduction in lifecycle CO2 emissions of around 20% compared to conventional vehicles. However, larger carbon reductions are likely as the UK grid continues to 'decarbonise' and make more regular use of renewable energy sources.

"As a charity, our work takes us to lots of

different areas in the city and surrounding areas to enable us to make a difference on the ground to businesses, communities and schools," explains PECT's CEO Carly Leonard. "Current activity includes our Healthy Homes project where we are working with residents in Peterborough and Fenland to provide energy advice and home improvements with the aim of saving energy and enabling affordable warmth in homes."



For more information about the charity's work, visit www.pect.org.uk or call 01733 568408. Plus find PECT on Facebook by searching 'Peterborough Environment City Trust' or on Twitter @SustainableCity.



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Bowled OVER

To the uninitiated, bowling may not appear to be a cunning and fast-paced game, but to those in the know it's exactly that. Skill, tactics and gentle exercise all come into play – and Peterborough is blessed with an abundance of first-rate bowling greens

Bowling, or lawn bowls, may have the reputation of a sedate game played on a peaceful summer's afternoon, but there's more to it than that.

In fact, it boasts a long and illustrious history. When navigator, sea captain and politician Sir Francis Drake was informed of the approaching Spanish Armada he

was engrossed in a game of bowls. Far from being alarmed at the news, legend has it that he calmly announced there was plenty of time to finish the game in hand and take on the Spaniards!

Bowling was certainly popular several decades before Sir Francis' game because we know that Henry VIII banned the lower classes from playing bowls so that they might concentrate on practising archery – a matter of genuine national security at the time.

Bowls in Peterborough

By the 20th Century bowling was thriving once more. In Peterborough many of the local engineering and manufacturing companies hosted their own teams to encourage a healthy and happy workforce, as Peter Cooke, chairman of both the East Community Bowls Club and the Peterborough Bowls League explains:

'A lot of firms in the Peterborough area had their own teams.

Companies such as Baker Perkins,

Perkins Engines, Hotpoint, Molins, Peter Brotherhood and British Sugar had their own social clubs with a bowls green and other sports clubs attached. I used to play for the London Brick Company. Some of the firms were so big they even had interdepartmental matches! They're all gone now, with their players absorbed into other leagues.'

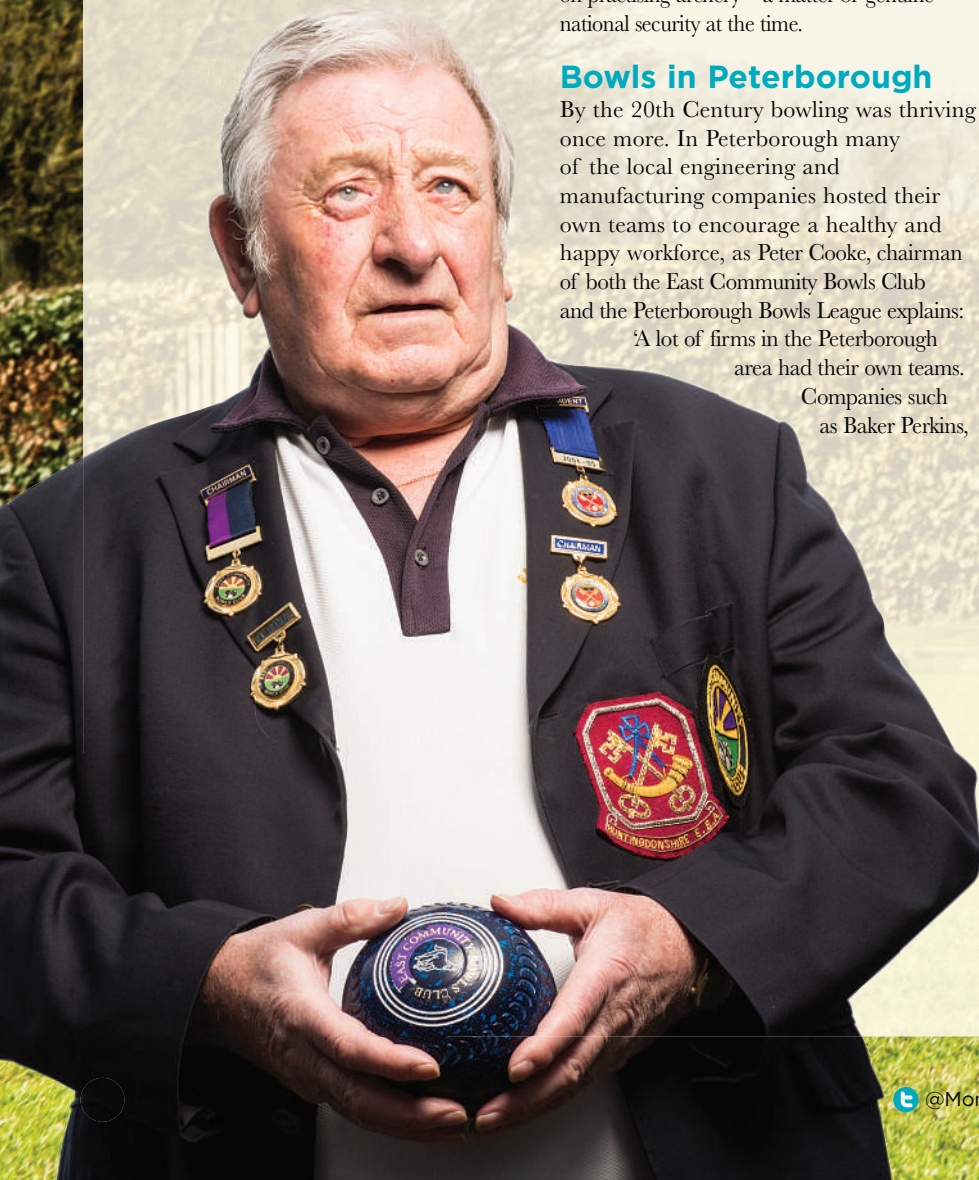
Like other parts of the country, bowls players in Peterborough meet regularly to play friendlies, socialise and take part in competitive leagues. The Peterborough Bowls League is one of the liveliest in England. It has 26 affiliated clubs, including six council-run greens, six independents and 14 clubs from outside the city stretching from Stamford and Bourne in the north to Whittlesey and Yaxley in the south. In addition to the league clubs there is the Bushfield Bowls Club at Orton Waterville, which only plays friendlies.

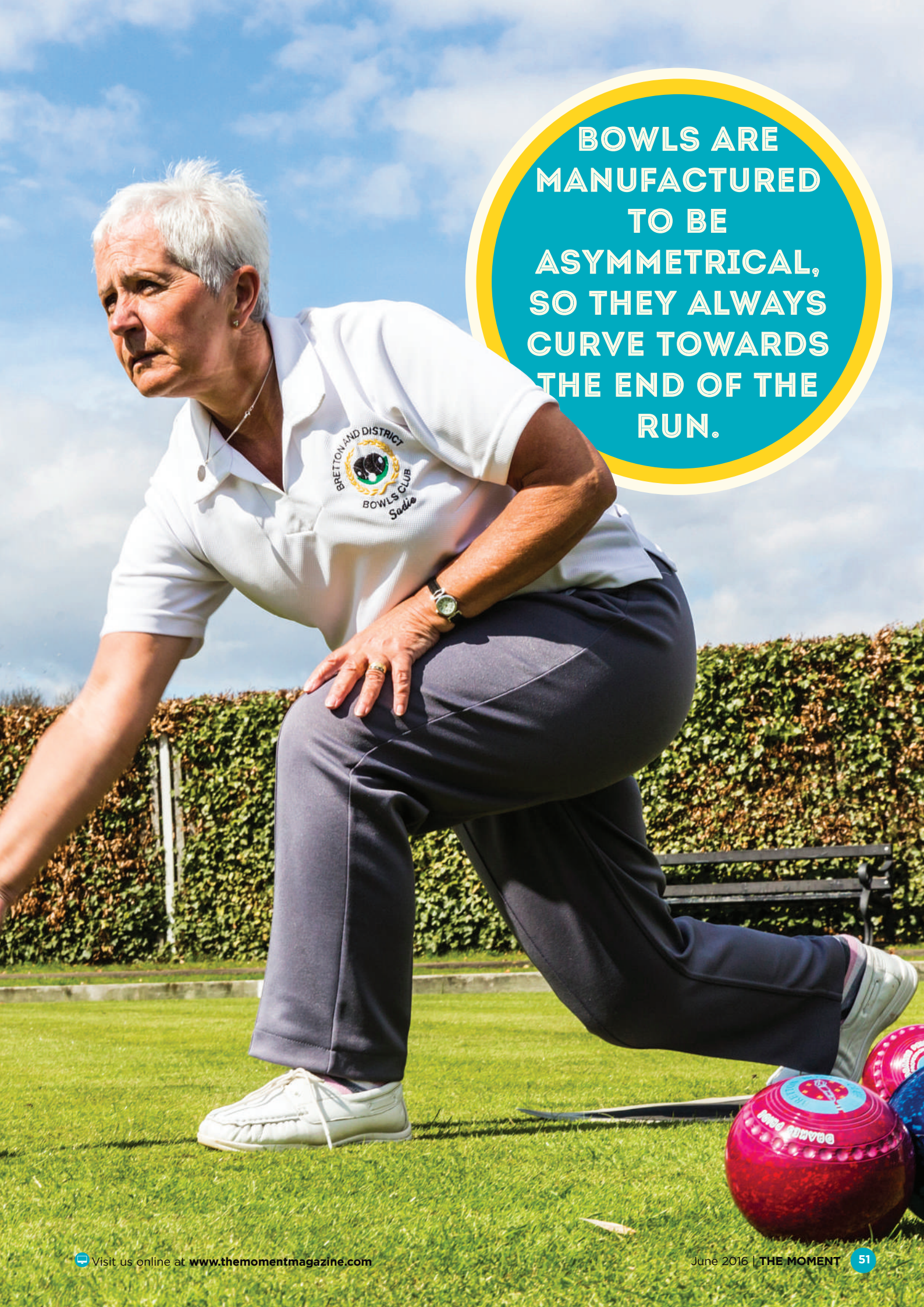
Teams from the league clubs take part in three separate leagues: a 60s league, which as its name suggests is specifically for members over the age of 60; a weekend league that's open to members of any age, with games usually played on a Saturday afternoon; and a midweek league, which plays in the evenings. With each league comprising up to five divisions, there are around 110 teams in total, each vying to improve their game and top the league.

How to play

Bowling is a simple-enough sport to understand, but like all seemingly straightforward sports it can take a lifetime to master. The object of the game is to get your team's bowls closer to the small white ball (the jack) than the opposition. The more bowls your team manages to get closer to the jack, the more points are scored.

The word 'bowls' derives from the French boules, and both games have similarities. Bowls differs from its Gallic





**BOWLS ARE
MANUFACTURED
TO BE
ASYMMETRICAL,
SO THEY ALWAYS
CURVE TOWARDS
THE END OF THE
RUN.**



Curve bowl

Much of the skill in bowling lies in judging the curve or 'bias' of the bowl. Originally bowls would have incorporated weights on one side to achieve the bias. Today the bias comes from the shape of the bowl alone. A simple dimple or symbol on one side of the bowl indicates the direction of bias. Bowls are usually made from a plastic composite but were once made using a dense wood from the Caribbean, hence the term 'woods'. Traditionally black, bowls are now available in a range of colourful alternatives, including fluorescent colours!

equivalent, however, because the jack is rolled into play rather than thrown. A bowls green is also much longer – around 34-40m, or around 40 yards, long – with games played from alternating ends, rather than one set end. It is the constant switching of ends that brings the element of gentle exercise into the mix.

'It certainly keeps you fit,' says Peter. 'On a busy night might you might play 21 ends, and it's surprising how much walking you do as a result of that. With a 21-end game you haven't even got time to sit down between shots. But it is not just physical fitness, it's mental fitness too. There's a lot of strategy and tactics to consider.'

Estimating the speed you need the bowl to travel to reach the jack involves a certain amount of strategic thinking in itself, but there's more to it than that. Terry Stratton is Club Captain at Bretton Bowling Club: 'There are two main requirements for a good bowl. You've got to accurately judge the distance to the jack accurately – the length you play to. So it could be a long

jack or it could be a short jack.

'Then there's the fact that the bowls don't go in a straight line. Bowls are manufactured to be slightly asymmetrical, so that they always curve towards the end of the run. The degree of curve depends on the make of the bowls and can vary from a small hook to a very heavy hook. It means you have to go out at an angle to take account of this bias (the amount of curve).

In addition to these two variables there is the mat from which the bowls – also known as 'woods' are bowled from. The mat can be set to a new position by whoever won the last end. Each team player is also welcome to knock an opponent's woods out of position too – so there's no resting on your laurels!

'No game is the same and no green is the same,' adds Terry. 'While greens are kept as flat as possible they're never perfectly flat, so you'll always get the odd bump that can knock a run off into an unexpected direction. It all makes for a very interesting game.'

All ages

Perhaps because of the bowling's gentler approach to exercise it is traditionally associated with older people, but the sport is open to anyone who fancies a go. The Bretton Bowling Club's members range in age from 12 to 88. 'We are fortunate because we bowl in South Bretton Park, where youngsters will sometimes wander over to see what we're up to,' explains Terry. 'We'll invite them in to play and see what all the fuss is about. Over the last couple of years we've had two or three youngsters visit us on a regular basis, one of whom asked if he can join the club. We are delighted to have him because he's a good player – last year we put him into one of our friendlies and he won us the match!'

It is bowls' accessibility that could win it an ever-increasing fan base. 'We want to generate interest from businesses, schools and social groups who might be interested to come and play. Some groups go ten-pin bowling but not



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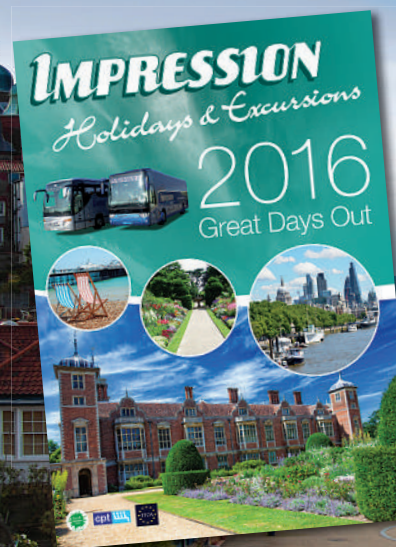
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everyone is good at that. Bowls is suitable for literally everyone because you don't need to use the same amount of strong energy; it's a gentler game.'

While bowls club may still be dominated by the more mature generation, it is players in their 30s and 40s who are playing professionally. And this year's winner of the World Indoor Bowls title was Nick Brett, a local player from one of the Peterborough Bowls League teams.

'Professional bowls is now televised, which has really helped to bring the sport to the fore,' says Peter. 'And like cricket, it's becoming an increasingly colourful affair, with multi-coloured bowls and coloured strips. That's attracting new people to the sport, including younger players.'

Good company

By its very nature, bowls is a highly inclusive sport. Many greens across the city, including Bretton Bowling Club, hold social bowling sessions where people can come along and try their hand at a game. At Bretton a nominal £3 fee enables you to give it a go, with all equipment, tuition and even a cup of tea or coffee included. Members of Peterborough U3A can play for just £2. 'We're not out to make money,' says Terry, 'we just want to introduce people to bowls.'

Many clubs organise away matches and some run social events. Post-match refreshments offer a chance for players to talk through their game and to swap tactics and tips. Spectators are always welcomed to matches and practice sessions.

Friendly games – free from the pressures of a league game – are a great way for new players to find their feet and get used to the sport. With time and confidence they can then progress to playing in the league.



"IT'S THE FRESH AIR, COMPANIONSHIP, LIGHT EXERCISE AND PLENTY OF SUNSHINE THAT MAKE IT FOR ME..."

Fresh air and fun

The Peterborough Bowls League celebrated its centenary in 2013, when Peter Cooke joined fellow committee member Jeff Clipston and league secretary Richard Harrison for an unusual but fun challenge: a bowls marathon. 'We played at all greens in the Peterborough Bowls League,' explains Peter. Conveniently numbering 26, the trio started at 8am and carried on until 8pm, playing two ends at each green and raising £3,000 for the local branch of Macmillan Nurses. 'We felt it was quite a good effort,' adds Peter with a certain amount of understatement!

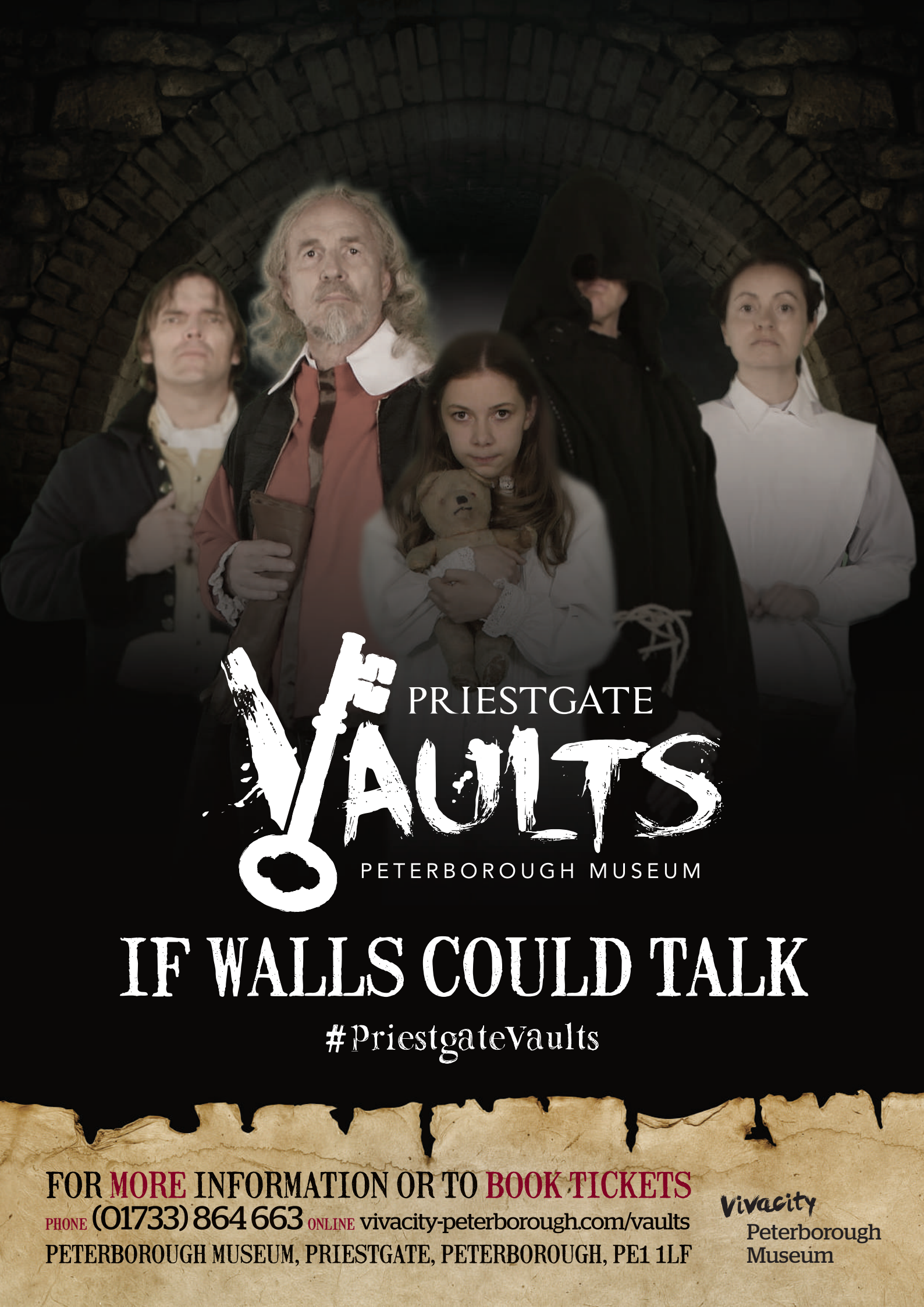
Peter is hooked on bowls, having come to the sport after breaking one of his legs while playing football. 'The physiotherapist said to me at the time 'you want to take up bowls', so I did. I haven't looked back.'

Terry, too, has been refining his bowling for a number of years since playing for a Baker Perkins Interdepartmental team. For him the sport's appeal is obvious: 'It's the fresh air, companionship, light exercise and plenty of sunshine that make it for me. It's such a sociable game, played by both sexes of any age. There aren't many sports that are so inclusive.'



Bretton Bowls Club

Try bowling for yourself at a summer social bowling afternoon. All are welcome and all equipment is provided, but please wear flat shoes. 01733 268456



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If you've never grown produce before, don't be intimidated by the prospect. Every allotment site has a band of enthusiastic members who are only too keen to share their knowledge and encourage those new to the hobby. Most of the city's 25 allotment sites also offer a rotovating service to get you started, tilling the soil so all you have to do is begin sowing and planting!

Early summer is a great time of year to start an allotment. Warm weather and long days make the task of getting going significantly easier and you can enjoy almost instant rewards. There's lots that can be sown right now: salads such as lettuces,



spring onions and radishes; root crops including carrots and beetroot; brassicas such as kale, cabbage and sprouting broccoli; and those staples of every allotment: rows of beans, potatoes and courgettes.

So if you'd like to get some dirt under your fingernails and experience the thrill of taking home your own produce, now is the time to sign up for an allotment and get your new hobby underway. There is a range of plot sizes available and rents start from just £50 a year. So what are you waiting for?

Food for thought

Every year the UK throws out seven million tonnes of food and drink at a cost of £12.5bn. Of course, not all food waste is avoidable – fish bones, peelings and eggshells for example – but by sidestepping unnecessary waste we can save on our shopping bills, relieve pressure on council budgets and avoid the damage to the environment that waste causes.

The food waste we do generate should never reach landfill, where it rots down to produce methane, a powerful greenhouse gas. Instead, add peelings, egg shells and cardboard to the garden compost heap. For food waste that can't be composted – for example bones, dairy products and bread – use the council's food recycling service. Use your indoor food caddy to collect kitchen scraps then transfer them to your large outside food caddy for collection day. The collected food waste is processed into gas, which is used to generate electricity, and fertiliser.

● Visit the Love Food Hate Waste website for practical tips and recipes to help you cut down on food waste and save money: www.lovefoodhatewaste.com

● If you need a replacement food recycling caddy visit www.peterborough.gov.uk/residents or call 01733 747474.



Fancy starting an allotment?

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Fresh and flavoursome!

In the first of our new recipe series we celebrate two **springtime stalwarts**: awesome asparagus and the brilliant broad bean

Asparagus, broad bean and herb risotto SERVES 4

This basic risotto is packed with spring veg and fresh herbs. Cooking the rice in the oil for a couple of minutes before adding any liquid opens up the grains so they release their starch and absorb more stock, which gives the dish a creamier texture. Adding butter and cheese at the end adds richness. Everyone has a favourite texture to their risotto, so make yours firmer or slightly sloppier, depending on your preference.

Ingredients:

- 2 tbsp sunflower or light olive oil, for frying
- 100g butter
- 1 large onion, finely diced
- 2 large garlic cloves, finely chopped
- 350g risotto rice
- 1 large glass (250ml) dry white wine (or just use a little more stock)
- 2.5 litres hot veg stock
- 700g broad beans in their pods
- 2 bunches (400–500g) of asparagus, snapped to remove the woody stems, stalks chopped into small pieces (leave the spear ends slightly longer, about 5cm)
- 100g grated Parmesan or vegetarian alternative
- 2 handfuls of chopped herbs (e.g. parsley, mint, tarragon)
- salt and black pepper

Method:

- 1 Heat the oil and half the butter in a large,

heavy-bottomed pan. Add the onion and fry for 10 minutes, stirring, without colouring. Add the garlic and rice and cook, stirring constantly, for two minutes until the grains turn translucent.

- 2 Pour in the wine, if using, and simmer until the liquid has been absorbed, then add the hot stock a ladleful at a time (you may not need all of it), stirring often. The rice will take 20–25 minutes to become al dente.

- 3 Meanwhile, pod the broad beans. In a pan of boiling water, cook the beans for four minutes. Drain, plunge into a bowl of cold water to refresh then drain again. Peel off the outer skins then set aside.

- 4 When the rice is almost cooked (after about 20 minutes) add the asparagus. Cook for a further three to four minutes, depending on its thickness. The rice should be cooked but still have some bite.

- 5 Add the broad beans, the rest of the butter and half the cheese. Season to taste. Stir, turn off the heat, cov

Chef's tip

The basic recipe can be adapted with lots of veg: try adding blanched greens or beans, griddled courgette, braised fennel, or shredded wet or wild garlic.



Broad bean, saffron and new potato salad SERVES 4

A warm salad that combines two of the best veg Britain has to offer at this time of year. The bright red saffron threads add a wonderful colour and subtle flavour, though use it sparingly or the flavour can be cloying. Try using a small handful of chervil for a slightly different flavour to parsley, or alternatively some chopped chives.

Ingredients:

- 800g new potatoes, scrubbed clean and cut in halves, or quarters if large
- good pinch of saffron threads
- 200g podded broad beans (approximately 600g in their pods)
- 4 tbsp olive oil
- 2 tbsp chopped parsley leaves
- juice of ½ lemon (to taste)
- salt and pepper

Method:

- 1 Put the potatoes into a saucepan and add just enough water to cover them, along with a good pinch of salt. Bring to the boil and cook for 12–15 minutes, until tender.

- 2 Once the water comes to the boil, put the saffron threads into a large bowl and add a tablespoon of the boiling water. Leave the saffron to steep.

- 3 While the potatoes are cooking, bring another pan of water to the boil. Add the podded beans to the pan and boil for three minutes. Drain and refresh in a bowl of cold water, then drain again. If the beans are large, you might want to double-pod them, but there's no need to do this if they're small and the skins are tender.

- 4 Once the potatoes are cooked, drain and toss them in the saffron liquid. Leave to cool. Add the broad beans. Toss in the olive oil and parsley and add salt, pepper and lemon juice to taste.

Chef's tip
This will work with other beans or peas too. Or try tossing in some cooked, shredded spinach or chard.

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EUROPEAN culture

Olive Grove Nurseries is the one-stop destination for anyone looking for stunning architectural plants for their garden – and more. Owners Tim and Jackie Thackeray look back at how it all started

After spending many years travelling throughout Western Europe we developed a great love of the Continental culture and how relaxed everyone is over there. On our return to England we decided to purchase some Mediterranean plants for our patio garden but experienced great difficulty in doing so. This is where the idea for The Olive Grove was born.

We started The Olive Grove in October 2009 as a 'lifestyle' business, primarily as a Mediterranean plant nursery, selling a few different species of plants during the summer months then taking the winter off to travel and relax. Our main aim, however, was to give our customers that same warmth, integrity and slice of culture we so loved from our Western European adventures.

We are pretty sure that six years on we now have the biggest range of specimen Mediterranean plants in the UK, with more than 1,200 different shapes, species and sizes of olive tree alone. And during this time we've continued to travel Europe extensively in our search for the finest

Come and visit!

As well as daytime opening hours, The Olive Grove is open on Friday and Saturday evenings with live entertainment and an outstanding two-dine-for-£35 offer. The nursery is also in the process of having its website redeveloped, so you'll soon be able to find out even more about The Olive Grove from the comfort of home.



olive trees and Mediterranean plants. We are satisfied today's range meets our ambitious criteria.

We are not quite sure what has happened to the lifestyle bit, as we've grown and grown, extending our business by adding different departments including: the Delicatessen, Coffee Shop, including our Bistro, and the Home Interiors Department with Gift Shop. These have all proved to be a huge success and at the same time this has enabled us to focus on the business all year round.

Essentially we are still the same

nursery as we were before, just with a few interesting elements added on along the way. We're still doing business the same way too: with warmth, honesty, interest and integrity, and have always kept the same ethos. To be able to keep doing this we work hard to steer clear of the mainstream. A lot of the way we do business has stemmed from our time in Western Europe and the way that they do things over there.

We know that without you (yes, you the customer) there would be no Olive Grove and, on that note, we thank you for your continued support.



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Pretty MAIDS ALL IN A ROW

It's not just the bride who needs plenty of care and attention leading up to the big day: **#TeamBride** also needs to look and feel amazing – whatever they wear!

Everybody happy?

Each bride has a vision of how her wedding day will be – and bridesmaids are a vital part of that vision. But every woman who agrees to be a close friend's bridesmaid will probably experience – amidst the excitement and the nerves – touch of trepidation as she ponders: *what will I end up in?*

It's tough to wear a bridesmaid dress that does absolutely nothing for you, but it's even tougher being the person who has to look at her gaggle of closest buddies and try to decide how best to reconcile all the different skin tones, heights, weights and shapes. What looks knock-out on one woman will inevitably look only 'meh' on the others – or worse, utterly dreadful.

Get the situation wrapped up

This is where the multi-wrap dress comes in. From Canadian designers Eliza and Ethan, the multi-wrap dress is nothing short of inspired, yet at the same time so very simple. Imagine a dress that will suit each and every one of your bridesmaids thanks to its unique wrap style. Tall and thin, short and curvy, large bust, small bust – and everything in between! Your bridesmaids will have



a dress that can be quite dramatically adjusted to flatter each different body type, while still perfectly co-ordinating with the other bridesmaid dresses. Available in over 22 colours and with over 22 ways to wear it – it's The Bridesmaid Dilemma solved at a stroke!

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Vow Bridal is one of only a small handful of stockists in the region who carry the Eliza and Ethan multi-wrap dress. As well as supplying as many dresses as you need, Vow's co-owner and manager Lisa can give your girls a masterclass in how to wrap the dress to each and every figure's best advantage. Colours can match or subtly co-ordinate to make the most of individual skin tone, and Lisa can advise how the dress colour can best tie in with the rest of your wedding palette.

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VET'S DIARY |

Peterborough vet Laura Frost detects an unexpected trend amongst her patients...

Last month definitely had a theme. Never have I seen as many urinary problems. One week there were five different cases booked in, either for an ultrasound scan of the bladder or a surgical procedure. Four out of the five cases had bladder stones which are quite distinctive on imaging. The dense material at the surface of the stone disrupts ultrasound waves creating a bright line at the surface, followed by a black 'comet tail' shadow. This being said, by the end of the week I was beginning to wonder if I was imagining things. But no, several surgeries later, we have a large collection of stones in our lab. Some are big, some small; all different shapes and colours.

Bladder stones are made up of different minerals that are excreted into the bladder from the bloodstream via the kidneys. In most dogs these crystals pass through to the outside world without any issues, however in some cases they stick together, first forming crystals and then forming stones. This process can be triggered for a whole host of reasons.

To name a few:

- Urinary tract infections (which are more common in the female dog)
- An increase in dietary minerals
- Poor water intake – this leads to more concentrated urine so that any minerals are more likely to stick together to form crystals and stones
- A potential genetic component making some dogs more prone to urinary problems.

Cystitis

This is a painful condition in which the bladder wall becomes inflamed. The animal may toilet frequently, emptying every last drop of urine from the bladder to try to relieve the discomfort. Sometimes this is caused by a urinary tract infection. In a dog this is most likely and a course of antibiotics are usually needed after analysis of a urine sample. Cats, however, are a bit strange. Some cats have a condition known as 'Idiopathic Cystitis'. These cats show signs similar to an infection but no bacteria are present. The inflammation in their bladder is often increased at times of stress. Anti-inflammatories and bladder support supplements are needed initially to relieve their distress. Long-term environmental management can help, such as increasing fluid intake (water fountains can be helpful), ensuring there are calm places for your cat to hide at stressful times (ie building work, house parties) and providing extra toys to prevent the indoor cat from getting bored/stressed.

Some stones can be dissolved by special diets that change the pH of the urine, however others need to be removed by surgery.

In the spirit of maintaining a sense of

humour on busy days, we usually have a sweepstake as to the number of stones prior to surgery (although it has been pointed out to me that I have an unfair disadvantage after doing the ultrasound scan myself).

On Tuesday the leading guess was eight stones and we have 27, the biggest being about 5mm. On Thursday the guesses escalated, however only one stone was inside. This stone was around 4cm and resembled a sea anemone. I am pleased to say that both patients made a full recovery.

Wednesday's case (the only stone-free scan) was a simple case of cystitis. This showed up as a thickened bladder wall with small fragments, likely to be blood clots, floating free within the urine.

By Friday all my cases had a good plan and I expected them all to have a full recovery. I packed up my belongings ready for home, thinking about the nice glass of wine that I had definitely earned, when out of habit I checked the diary for Monday morning. What did I see? A bladder scan...



Tom Newby



Laura Frost MRCVS MA VetMB is a vet at local veterinary practice Pengelly and Mizen.

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Pet answers

Don't settle for pet theories, get pet answers! Veterinary surgeon Cees Bennett answers your animal health questions... This issue, one big question that is a particular worry for dog owners: ticks!



What are the risks of ticks to my dog?

A: Ticks picked up by your dog on a walk through long grass or woodland are more than just an unsightly and inconvenient annoyance that need quick removal. They can also carry disease that can be potentially fatal for our pets, as well as causing issues from the bite itself.

What are ticks?

Ticks are opportunistic parasites that feed on the blood of passing animals such as deer, hedgehogs, dogs and cats, by attaching themselves to the hosts. They cannot fly so get around by crawling on the ground and up plants where they wait for passing animals. They gorge on blood and then drop to the floor to lay eggs, with one female capable of laying several thousand eggs. Ticks are tiny. Many people think ticks are quite big but this is only after they have gorged on blood; the unfed tick can be as small as 1mm. Ticks are especially prevalent in areas of woodland and scrubland with long grass – and more so if deer are in the area (Sandringham and Thetford are examples of high risk areas). We are now seeing ticks throughout the year but spring through to autumn has the greatest risk.

by the destruction of the cells. Signs include high temperature, increased respiratory rate, muscle tremors, anaemia, jaundice and weight loss, either mildly or a more acute form which can be fatal. Previously Babesiosis was seen only in animals that travelled abroad but recently cases were seen from local infection in Essex. The tick species that carries the disease (*Dermacentor reticulatus*) has been seen in Devon and Wales but new cases show that it is spreading across the UK.

What do I do if my dog has a tick?

Ideally the tick should be removed using a specially designed hook with a narrow slot to slide under the tick so as to grip it around the mouthparts. The hook is then rotated several times until the attachment is freed and the tick can be removed without putting

signs of ticks and remove them if you do see any. Ideally, parasite control should be used, ensuring the product is effective at either repelling the ticks or killing them quickly enough to prevent disease spread. There are effective monthly spot-ons, collars and even a chewable tablet that lasts 12 weeks. Ask your vet to go through what suits you best.

● For more information on ticks, visit www.mypetonline.co.uk/big-tick-project

● Do you have a pet or animal health question? Send it to us at: editor@themomentmagazine.com Cees will endeavour to answer all questions, whether published or not!

We are now seeing ticks throughout the year but spring through to autumn has the greatest risk.

Why are they a health risk?

The tick bite itself can cause local irritation and incorrect removal can cause the site to become infected, however the main risk is from the diseases ticks can transmit. These are:

- **Lyme Disease** – a bacterial disease that affects dogs and humans and may cause lameness, lethargy, fever, anorexia, swollen joints and occasionally kidney failure leading to death.
- **Babesiosis** – a microscopic parasite that invades red blood cells with signs caused

tension on the skin or tick. DO NOT attempt to burn, cut or pull the tick directly off - If you do it is likely the mouth parts will be left behind and the tick will regurgitate its stomach contents into the animal.

How do I stop my dog getting ticks?

There is a lot of evidence that suggests it takes between 24-48hrs for the tick to transmit disease once attached to the animal so prompt removal manually or by parasite treatment is effective. It is very important to check your dog regularly after walks for any



Cees Bennett BVetMed MRCVS
Veterinary surgeon and Joint
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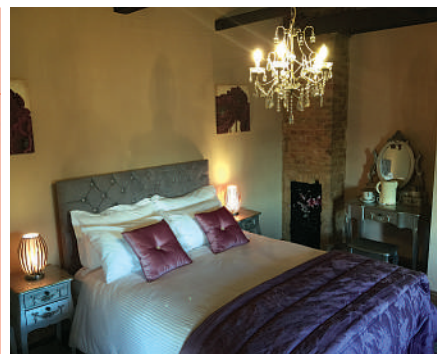
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TRAVELS WITH MY PET

With the arrival of summer, thoughts turn to holidays. But what about your pet and their holidays? For some pets, getting away on holiday with their owners can be a joy – but only if handled correctly. Best Friends Veterinary Group offers expert advice on keeping your pet comfortable in hot weather, dealing with pet travel sickness, and how to take your pet abroad using a pet passport.

Travel sickness

Most of us have experienced travel sickness at some point in our lives, but it's not widely known that pets suffer from it too. If you're thinking of taking your dog on a long car journey, it is best to be prepared for this eventuality.

As with humans, young dogs and puppies tend to suffer from this more, and many of the measures you can take to help them are much the same as with children – have fresh air coming into the car, keep them distracted and entertained, or drive along a more visually interesting route that encourages them to look out of the window. It's also a good idea to have frequent stops to break the journey, giving your dog the chance for a run, a bathroom break and some fresh air. This is not only important for the dog's general comfort during the journey; travel sickness in dogs is mostly caused by stress, so the more relaxed your dog is to begin with, the more likely it is to be fine on the journey. Making travel a fun and positive experience can really help. Travel sickness is also less likely to occur when your dog's stomach is empty, so if possible, avoid travel soon after eating.

Whilst you can do your best to help prevent travel sickness, sometimes these measures may not be enough to stop it. Symptoms of travel sickness in a dog include lethargy, excessive drooling and/or yawning and general unease. We stock a range of medications to help prevent or counteract travel sickness in pets, so if your dog suffers on long car journeys, please ask what else we can do to help.

Hot cars

Each year, as the temperature increases, pet owners are reminded not to leave pets in hot cars. Heatstroke can kill a dog in a matter of minutes and every year dogs die in cars as a result. Keep this in mind at all points of your journey; dogs feel the heat far more than humans, and it is far harder for them to cool down. Rapid panting is a clear sign that your dog is hot. To help, keep air flowing (though make sure it is not blowing in the animal's face), make sure plenty of drinking water is available and if possible, avoid travel during the hottest part of the day. Sun screens can



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also be fitted to windows to cut down the direct heating effects of the sun, and when the heat is on, use a misting spray to cool your dog down (again, avoiding the face).

Pet Passports

As with passports for their human owners, a pet passport is an official document that is unique to the individual pet which contains data about the pet itself. This includes details of permanent identification, the registered owner, and also covers a number of health-related issues. It always includes, for example, a certification of rabies vaccination, but there are other items (ie. tick and worm treatments) that may only be required in specific circumstances. Although pet passports can be used for various animals, including cats and ferrets, they are most commonly used for dogs accompanying owners. The format of the passport is the same in all European countries, but the use of the passport is slightly different in mainland Europe compared to the UK – and as requirements for re-entry to the UK are more stringent than those required to leave, it is essential that all documentation is completely in order before going abroad.

To obtain a UK pet passport, the dog must be:

- At least three months of age
- Permanently identified by implantation of a microchip (to the approved ISO Standard) under the skin.
- Vaccinated against rabies.

There may also be other treatments your pet may need before the passport can be issued and they can travel with you.

At Best Friends Veterinary Group we provide a complete pet passport service which takes the hassle out of getting your pet ready for travelling abroad, as well as ensuring all necessary requirements are covered, including rabies vaccination, microchipping, up-to-date vaccinations for other diseases and worming and flea treatments. We can provide all of these when needed, and pet passports are normally available to take away the same day.

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PERKINS GREAT EASTERN RUN

The city's biggest sporting event returns to celebrate its tenth anniversary – this year with more runners than ever, and a brand new charity partner: The Jane Tomlinson Appeal



When it comes to sources of inspiration – examples that make us want to strive harder, whether in sport or in life – few are more compelling than Jane Tomlinson. Diagnosed with terminal breast cancer in 2000 and given six months to live, she could, quite reasonably, have decided to spend her time quietly. But that was not her way. Instead, she took on increasingly gruelling sporting challenges – including numerous marathons and an Ironman Triathlon – using them to raise both awareness and cash to fight cancer.

It was in this phase of her life that she was to have the most significant impact on the world, and her efforts were recognised time and again. She was awarded an MBE, and subsequently the CBE, she was the recipient of the Helen Rollason Award at BBC Sports Personality of the Year in 2002, was twice recognised at the Sportswoman of the Year Awards, received a Great Briton Award, was voted the Most Inspirational Woman in Britain in 2003 and was recipient of a Pride of Britain Award in 2005. Not bad, considering all these came to her during

the years doctors had initially predicted she would never have.

Jane died in 2007, but her legacy continues in the form of the Jane Tomlinson Appeal, now the charity partner of the Perkins Great Eastern Run. And although Jane was a proud Yorkshirewoman, she has a significant connection with the city of Peterborough, as her husband Mike explains: 'Peterborough has always had a special place in our hearts and was home to our family for several years; our daughter Rebecca was born there in 1988. We all have great memories of the city and its people, who were very warm and welcoming when Jane and I moved there as a young family.'

'We're honoured, then, that the Jane Tomlinson Appeal has been chosen as the charity of the year for the Perkins Great Eastern Run. I know that Jane would have been really humbled that the city where she lived is now helping to carry on her legacy, in supporting children's and cancer charities. I hope that lots of people will join us on Sunday 9 October for what is set to be a really special day for the family and the charity.'

“ I KNOW THAT JANE WOULD HAVE BEEN REALLY HUMBLLED THAT THE CITY WHERE SHE LIVED IS NOW HELPING TO CARRY ON HER LEGACY ”



Annette Joyce, Service Director City Services and Communications at Peterborough City Council, who has guided the development of the race during the past decade – as well as taking part in it – adds: 'We are delighted to have the Jane Tomlinson Appeal as this year's title charity for our half marathon. Jane was an inspirational woman who turned thousands of people towards running and we are proud to be associated with such an excellent cause. Jane lived in Peterborough during the late 1980s and her daughter Rebecca, who is running our half marathon, was born in our city. These links make the charity a perfect fit for the Perkins Great Eastern Run and more importantly, all the money raised by those running for the Jane Tomlinson Appeal stays in the city and is divided between local causes.'

The event is once again supported by local employers Perkins, who recently committed to supporting the race for another three years. Richard Graves, Marketing Promotions Manager at Perkins comments: 'We're proud to be associated with such a prestigious community event which brings together thousands of runners from across the city and region for both the half marathon and the Anna's Hope Fun Run. Our decision to continue our commitment to the event for a further three years is a positive reflection on the race, as well as the organisers, running clubs and supporters, all of whom give their time to ensure the Perkins Great Eastern Run is a success, year after year. The PGER is a truly great event for the city and its residents and I'd encourage everyone to get involved.'

Jane's example shows just what can be done – so maybe it's time to get up and running!

● For more information about the Perkins Great Eastern Run 2016, including how to enter, volunteering or raising money for charity, plus all the latest race news and training tips, visit: www.perkinsgreateasternrun.co.uk

ABOUT JANE TOMLINSON CBE

Mike Tomlinson



Jane Tomlinson was 36 when, in August 2000, she and her family received the devastating news she had terminal breast cancer. Over the next seven years she captured the attention of the world through her achievements as she outlived her initial six month prognosis. With seemingly endless reserves of determination and courage she completed incredible challenges to raise money to help others through Jane Tomlinson Appeal.

One of Jane's motives was to show that people with a terminal prognosis can still lead an active and fruitful life, and proclaimed: 'Death doesn't arrive with the prognosis.' She proved beyond all doubt to be true to her word and with her uncompromising drive, unwavering determination and supreme bravery Jane provided true inspiration and genuine hope to a great many people.

During this period Jane, a mother of three from Leeds, took on a series of apparently 'impossible' challenges for someone suffering from cancer and undergoing chemotherapy treatment, including a full Ironman (4km Swim, 180km bike ride and full marathon – completed inside 17 hours), two half Ironmans, the London Marathon three times, the New York Marathon, three London Triathlons and three long distance bike rides - John O'Groats to Lands End, Rome to Home and her final huge challenge a 6781.8 km ride across America.

Jane's efforts also raised over £1,850,000 for charities including Macmillan Cancer Support, SPARKS, Damon Runyon Cancer Research, Yorkshire Cancer Centre, Martin House Hospice, Bluebell Wood Children's Hospice and Hannah House.

Despite finally having to retire from competition at the end of 2006 Jane channelled her remaining energies into an event which is destined to provide a legacy for many years to come – The Leeds 10k 'Run For All.' The first event was held in June 2007 and was a fantastic success attracting 8,000 participants, which is truly remarkable for a new event of this type, and raising a staggering £500,000+ for charities and good causes.

Jane sadly lost her battle with cancer and passed away in September 2007. As a plain-talking, strongwilled Yorkshirewoman, Jane above all else considered herself a wife and mother simply trying to make the most of the life she knew would inevitably, and prematurely, end. The radiant, triumphant smile Jane wore across every finish line, regardless of her physical pain, has given hope, encouragement and inspiration to thousands. Jane's personal efforts raised over £1,850,000 for children's and cancer charities.

Run For All and The Yorkshire Marathon are Jane's fundraising legacy. Today, the events companies host mass participation events across Yorkshire and beyond and continue to raise fantastic sums for charities and good causes.



Suzanne Tomlinson, Jane Tomlinson and Rebecca Tomlinson at the Salford Triathlon

ABOUT THE PERKINS GREAT EASTERN RUN

Free morning and lunchtime running sessions

Take advantage of the fresh spring air by joining a series of free morning and lunchtime runs.

The runs will leave the Embankment Athletics Track, in Bishop's Road, Peterborough, every Wednesday for 10 weeks from May 4 2016. Morning runs are from 7.30am to 8.30am and the lunchtime sessions from 12noon to 1pm.

There is no need to book in advance, just simply turn up with your trainers and running clothes. All sessions are overseen by a fully qualified England Athletics Endurance Coach, and changing facilities and showers will be available at the athletics track – for further information you can email info@run4fun.co.uk

The runs are part of 2016's Healthy Peterborough campaign and everyone is welcome to attend with all abilities catered for. Running and exercise can be part of living a healthier lifestyle and residents can find out more advice on how to live healthier for longer on the Healthy Peterborough website: www.healthypeterborough.org.uk

● If you have really got the running bug then you can enter the Perkins Great Eastern Run 2016 or Anna's Hope 5km fun run, both on Sunday 9 October, on the Perkins Great Eastern Run website: www.perkinsgreateasternrun.co.uk



"LOTS OF PEOPLE IN PETERBOROUGH

really love to get outdoors and go for a run, jog or walk. The Perkins Great Eastern Run gets more popular by the year and hundreds of people take part in the Peterborough Park Run each weekend. We know runners love to be challenged and train in new environments as well as meet new people. If you struggle to find the time to run in the evenings during the week, don't like running on your own, or just want to give it a go, then these free morning and lunchtime runs will be for you."

Annette Joyce, Peterborough City Council Service Director for City Services and Communications

FREE PGER TRAINING SESSIONS

If you are thinking about taking part in the 2016 Perkins Great Eastern Run but need a little extra help to get you prepared for the big race, then these free training evenings are for you.

Runners of all abilities are welcome to attend the free training sessions that take place at the Peterborough Embankment Athletics Track. The training sessions have been organised by Advance Performance and are held in conjunction with experienced runners and coaches from local running clubs, who will lead the runs.

Each training session begins at 7pm with a warm up. Runners will be divided according to level of fitness and aspirations before being taken for a training run.

Free parking is available at the Regional Fitness and Swimming Centre car park and the athletics track has full changing and shower facilities.

Training sessions take place on every other Wednesday from July. The dates are:

- 13 July
- 27 July
- 10 August
- 24 August
- 7 September
- 21 September
- 5 October

● For more information email perkinsgreateasternrun@peterborough.gov.uk

Keeping up the pace

The PGER takes place on a flat, fast course which means runners have a good chance of setting their best possible time. 2014 saw the introduction of race pacers and once again this year will be helping runners to achieve that goal on race day.

Pacers will lead seven different target times ranging from one and a half hours finish time to two hours and forty five minutes.

- 1:30 (6.52 min/mile)
- 1:40 (7.38 min/mile)
- 1:50 (8.23 min/mile)
- 2:00 (9.09 min/mile)
- 2:10 (9.55 min/mile)
- 2:20 (10.41 min/mile)

The time, the place...

The assembly point for the half marathon, wheelchair race and Anna's Hope Fun Run on 9 October is at the Embankment where all races start and finish.

Fun Run competitors will move to the start line at approximately 9.45am for a 10am start. The wheelchair race will start at 10.25am and the half marathon at 10.30am. Please check the website for more detailed information, including times of prize presentations.

There will be plenty of stalls, refreshments and a continental market for spectators to enjoy at the Embankment, with the city centre shopping area a five minute stroll away.

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GREATER CAMBRIDGE
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ENTERPRISE PARTNERSHIP

DEFINING THE FUTURE

NOW WE ARE TEN...

When Carole and Rob Hughes' daughter Anna was diagnosed with a brain tumour in 2005, it felt like the end of the world. But it was also a beginning. They established the charity Anna's Hope, which is now helping children with brain tumours across the region. In 2014, Carole attended the Pride of Britain Awards as ITV Anglia Fundraiser of the Year and the Perkins Great Eastern Run (PGER) renamed its fun run the Anna's Hope Fun Run in recognition of the charity's continuing efforts – and it continues to go from strength to strength. In the year that both Anna's Hope and the PGER celebrate their tenth anniversary, Toby Venables talks to Rob Hughes about how far they have come.

Could you have imagined ten years ago where you would be now?

No! When we first sat down with the trustees – who were Anna's godparents – we thought the charity could probably achieve £20,000 a year. Ten years on, we've raised over £1.25 million. We never believed we could achieve that! But each year we just get our heads down and get on with it. We don't have wealthy supporters from big banks to give us lots of money, so it's basically getting out there and building the reputation, telling our story and getting people to believe in it. It is a clear story, with a clear benefit, and all the money goes to helping children in the region with a brain tumour, so a lot of people want to help us and we're very grateful for that. The challenge of ten years is that a lot of charities start well, but find it hard to maintain. Largely thanks to Carole and a few hard working volunteers, though, the momentum is still there. You have some dips, but if you believe in your story and you work hard, the doors open – and that ten years has seen

The Anna's Hope Schools Challenge

For several years now Anna's Hope has been encouraging local schools to get running and raise money for the charity by taking part in the 5K Fun Run (now called the Anna's Hope Fun Run).

In the build up to the 2016 Perkins Great Eastern Run on Sunday, 9 October 2016 there will be an exciting new element – schools can challenge each other and compete for special prizes for their school!

Each winning school will receive an Anna's Hope Challenge Trophy, with additional prizes of a TV donated by Aldi to the Top Primary and Top Secondary School, and a £500 ChromaSport and Trophies voucher for the school that raises the most money overall. There are also certificates for everyone who runs and raises money for Anna's Hope.

many doors open, with support from many businesses and generous supporters. That's just as well – we need to raise £200,000 a year now, so it's pretty serious!

Why do you need to raise that amount?

As a charity, we only commit to doing things when we've got the money. But we do look ahead. A charity is really about spending money rather than raising it; it's all very well to have raised £1.25 million, but that's no use unless you do something good with



it. What that money's done so far is fund a Specialist Children's Neuro Oncology Nurse at Addenbrooke's Hospital in Cambridge, and three years of the Anna's Hope Therapy Team at Addenbrooke's. That team is the major contributor to a service that we co-founded called Brainbow, which is a partnership between ourselves, Addenbrooke's Hospital, and two other charities. Anna's Hope is the major funder and we provide the Specialist Rehabilitation Therapy at the hospital through the Anna's Hope Therapy Team. We're now able to fund that for a further two years which will mean overall we've funded five years of help, and one reason we want to keep that going is because we want to prove it's a model that works, so other hospitals will adopt it and fund it themselves. That cost is about £200,000 a year for us, so we aim to maintain that for at least the next two to three years.

If you prove the model works, does there come a point when the NHS takes over the funding and you can step away and focus on other areas?

That's the plan. We funded the Anna's Hope



The Anna's Hope Specialist Nurse



Nurse for three years and proved that was the right thing to do. Addenbrooke's now pays for that nurse. What we're taking on now is a bigger challenge which will need five to seven years of data to prove its worth. But that service is now helping about 100 kids a year, which means that every child in the East of England diagnosed with a brain tumour can go to Addenbrooke's and get support. We know that the sooner we get them on neuro-rehabilitation the better their treatment goes, but also, if they survive, the better their chances of reaching their full potential. That's why we do it.

How did the relationship between Anna's Hope and the PGER come about?

It was down to a meeting Carole had with Peterborough City Council, Sam Hale of Advance Performance and Michael Vincent from ChromaSport about eight years ago, who were looking to encourage children to run and get fit. The Schools Challenge was an idea that we all came up with out of that. It was an initiative for children to go out there, get fit, challenge themselves and have a sense of achievement as well as raising money for charity. Carole doesn't do things by halves, so she actively went out and visited schools



Carole, Rob and their daughter Sara

the Houses of Parliament with Stuart Jackson and several other regional MPs for the first debate in ten years about brain tumours, so that was a landmark moment. How it affects us personally... Well, we feel proud. We feel honoured that this has been recognised and that Anna's life has had this legacy. And we're extremely grateful to Perkins and



Anna as a fairy on her second birthday



TEN YEARS ON, WE'VE RAISED OVER £1.25 MILLION. WE NEVER BELIEVED WE COULD ACHIEVE THAT!

herself, went to training sessions and through that generally promoted the whole Run. Over the years we've maintained that commitment and I think demonstrated that we can really contribute to the Run, especially helping to build the community element. Then two years ago that effort was recognised when the 5K Fun Run was renamed the Anna's Hope Fun Run. That was really special for us, and at the launch this year Peterborough City Council announced that Perkins had acknowledged us again and that our name will be attached to the Fun Run for another two years.

How does it affect you to have that kind of endorsement?

It's very important to us. Our job is not just about raising money, but also about raising awareness. The more we can raise that, the more benefits there are in terms of our fundraising, not just as part of the race but outside it too. It raises the profile of brain tumours, which are the biggest cancer killer of children and young people. In connection with that, on 18 April, Carole was down at

the Peterborough City Council for their continued support. But we don't take it for granted. We have the name, but we still go out and work hard to encourage people to run and support us and other charities.

What does the future hold for Anna's Hope?

There are a few other things we do that deserve mention. We fund patient support groups. Parents of a child with a brain tumour can feel very lonely at times, so meeting with other parents with similar circumstances can help make it easier to cope. We also beg, steal or borrow to provide memorable experiences for kids with brain tumours and we've had great support from Posh, the RAF at Wittering and many others to help with those. We're also a member of a national charity called Brain Tumour Research, and that's how we

also raise awareness of brain tumours and promote research into finding a cure. So, for the next two years, we are heads down doing all these things.

We've just passed through a recession. Does that make it tougher for charities?

It never ceases to amaze me how generous people will be. We don't pressure anyone – we just tell our story and are delighted that a lot of people want to support us. And we always try to not just turn up for the cheque. If someone's going to shave their hair, we'll turn up and hold their hand and say 'Are you sure you want to do this?!' But the public always surprise you with their generosity. And every single penny that goes in the bucket or comes in the cheque goes towards the cause.

These pages have been supported by Peterborough-based Perkins Engines Company Limited, one of the world's leading suppliers of off-highway diesel and gas engines.



For more details please contact: admin@annashope.co.uk
T: 01780 740492 www.annashope.co.uk

The PECT

GREEN FESTIVAL NEEDS YOU!

Do you want to make a difference to your local environment? Want to make your mark on one of the UK's biggest and longest-running eco events? Then why not volunteer for this year's Peterborough Green Festival?

If you have an enthusiasm for your local environment, communities and wildlife, and are keen to contribute to improving the city and surrounding areas for the benefit of all – or simply love great, local events – then the independent charity Peterborough Environment City Trust (PECT) would love to hear from you!

The charity's annual city-centre Green Festival is back – bigger and better than ever before! This year the event is heating up, moving to a new summertime date of Saturday 13th August, with fringe events running through to 21st August.

Now the Festival is on the look-out for residents who wish to get involved with volunteering at the event – whether it's helping to man stalls, raising awareness of the charity, gathering attendee feedback or helping to distribute posters about the event in the run-up to its Festival launch day.

'As a charity, PECT really benefits from and is grateful for the support of all of its wonderful volunteers,' explains Green

Festival organiser Jennie Orrell. 'We're keen to encourage as many people as possible to get involved with this year's event to make it bigger than ever before.'

Bringing together attractions, community groups, charities and businesses, the Green Festival celebrates all things 'green' in Peterborough with a wide variety of events and activities offering plenty of free fun for the whole family.

The 2016 Festival has been sponsored by Travelchoice, which will also allow sustainable transport to be highlighted in exciting and thought-provoking ways. In addition to this, the charity is thrilled to announce that the Festival has been awarded Arts Council funding for a three-year period.

This funding will be used to commission artists to create innovative artworks for the Festival – whether its street theatre, visual art or spoken word – to promote sustainable living and encourage people to take positive actions for their local and global environment.



Get involved!

● To register your interest in volunteering at the Green Festival, email volunteering@pect.org.uk.

● For more information and to be kept up to date on the latest event details visit:

www.pect.org.uk/GreenFestival.

Join in the conversation on Facebook (/PeterboroughEnvironmentCityTrust) and on Twitter @SustainableCity with #PECTGreenFest.



Drip, drip, drop...

Don't let the weather put you off sustainable travel with Peterborough's new phone app!

Have you ever been put off cycling or walking by seeing ominous, dark rainclouds gathering outside your window? Well now Peterborough is set to be the home of a brand new phone app, which will provide hyper-localised and precise rainfall predictions, enabling you to plan your travel routes, safe in the knowledge you'll stay dry!

The city's environmental charity, Peterborough Environment City Trust (PECT), has teamed up with Meniscus, Anglia Ruskin

University, and Loughborough University to launch a brand new app-development project in Peterborough called Hyperlocal Rainfall, funded by Innovate UK.

The project is looking to deliver a brand new phone app that will help people to make informed decisions about travel around Peterborough, by providing hyper-localised rainfall predictions, in five minute intervals for the hour ahead. This is the first project of its kind and will allow Peterborough residents to walk and cycle more by being able to plan their trips whilst taking the weather into account and hence improve their health and wellbeing.

'By delivering very accurate rainfall predictions specific to a location or planned journey, this project looks to help the residents of Peterborough when they are walking and cycling around the city,' explains Project Officer Freya Herman. 'We also intend for there to be incentives for app-users, such as vouchers for local shops.'

The project will use a combination of real time radar-based rainfall data with real time weather data from weather stations across the city, in addition to historic rainfall information to deliver these hyperlocal predictions, which will be made available to residents via a free mobile phone app.

Over the past few months major steps have been made on the project with an amazing amount of help and support from the people of Peterborough! Late last year, the project held one-to-one interviews to find out how having access to better knowledge about when and where it is

going to rain could support the participants with walking, jogging and cycling, and how best it could help people travel sustainably around Peterborough.

'We also undertook group discussion sessions to develop on the feedback from the interviews. These sessions helped us build a better picture of how people would want to interact with Hyperlocal Rainfall's improved short-term rainfall predictions to plan their journeys and (with the help of many brightly coloured pens!) how the app could look,' explains Freya. 'The sessions also gave us interesting insights into other ways the Hyperlocal Rainfall app may be useful, such as when to hang out the laundry or have your afternoon BBQ!'

'So, all this fantastic information we have gathered is now guiding the app's development process. The input is helping us work towards creating the strongest and

most supportive app for sustainable travel around Peterborough. I would like to take this opportunity to again thank everybody who has been involved so far with Hyperlocal Rainfall, I hope you enjoyed it as much as we have!'

The project partners are now working to complete the initial version of the app. Then from here, they will be running user trials to test the app around Peterborough. To get involved, call Freya Herman on 01733 882545 or email freya.herman@pect.org.uk. For regular updates on the progress of the app, visit www.pect.org.uk/blog



the business moment

Future business

The Allia Future Business Centre in Peterborough is there to help people and businesses who want to make a positive impact, providing expertise, experience, entrepreneurial spirit and affordable workspace to help businesses start, grow and survive. And it's not just about the big companies, either. We look at two very different small businesses and how they are being helped to make a big difference...

Independence Dogs UK

Independence Dogs UK is a not-for-profit organisation established in 2014 to support those with mental health or social difficulties.

The social venture trains dogs to provide companionship for people with a range of different health needs, and provide support for those who live alone. Independence Dogs UK supports and trains Assistance Dogs to enable people with a variety of different needs to enhance their quality of life using the human-animal bond.

The relationship between Assistance Dog and owner helps them to overcome physical, emotional and social challenges, for what may otherwise become disabling conditions.

The remarkable dogs are able to perform a whole host of tasks to assist their owners, from daily alarm wake-up calls and medication retrieval, to tactile stimulus to disrupt emotional overload and providing reality checks on cue. Among other things, they can alert someone to their owner's situation, or simply act as someone to share the day with.

Assistance Dogs UK support doesn't stop once clients receive their canine partner. Dedicated to improving the lives of those affected by mental health or social difficulties, they offer a whole network of ongoing assistance; group training sessions, social get-togethers, charity fundraising events, meet and greet, office support, monthly veterinary contact and a dedicated support line.

Based at Allia Future Business Centre Peterborough, the social venture trains

and provides three different levels of service dogs:

Assistance Dogs provide public access, medication related assistance, treatment related assistance, security enhancement tasks, home assistance and support work.

Support Dogs provide public access, security enhancement tasks, home assistance and support work.

Companion Dogs provide home assistance and support work.

They also provide Support Dogs for 'loan' to assist with specific social engagements (theatre trips, football matches etc) and computer assistance in a safe office environment, to enable our clients to access back to work opportunities and work with their Assistance Dogs. They operate a members lending library and provide support, assistance and guidance for employers, landlords and places of public access. If you would like to know more pop along to their Saturday Drop-In at Allia Future Business Centre Peterborough from 10:30am - 12:30pm.
www.independencedogsuk.com

"It has been really inspiring being able to work with Independence Dogs UK from the early stage ideas, helping them with moving forwards and prioritizing key hurdles to overcome. The project is so exciting Allia staff have volunteered to help train with the dogs and help out the charity." Nigel Goddard, Business Advisor, Future Business Centre



Peterborough Reuse

'It's not waste, it's just stuff in the wrong place...'

This is the motto of Peterborough Reuse, an upcycling social enterprise based in one of the workshops at Allia Future Business Centre Peterborough, whose team turn unwanted items into a wide range of environmental, functional and fashionable products.

Pav Patel set up the social venture in 2014, driven by a desire to give back to the city that has been his home since he arrived in Peterborough as a Ugandan Asian refugee in 1972. 'I want to help make the city greener and better for everyone, to help others,' said Pav, who also runs his own successful IT Communications business One Source Communications.

In order to achieve its goals, Peterborough Reuse supports and is supported by a number of other businesses, charities, organisations and good causes in Peterborough, including Allia Future Business Centre and Opportunity Peterborough.

The first part of the process is collecting and cleaning the recycled materials. Pav estimates that around 30,000 coffee sacks have already been saved from landfill, cleaned and processed. They are then sent out to be cut. In order to process so many bags, Pav knew he needed help. He runs the enterprise in his spare time, and needed to keep the overheads low.

That's when he came into contact with the Cambridgeshire & Peterborough Probation Trust. The probation service help offenders and ex-offenders to complete their community service and under supervision work, but it's not always easy to find suitable work which meets the criteria.

'The probation service needed to source community work, and we needed help. We take the sacks to them, they cut the patterns for us, and then we can use the cut materials to continue the recycling process, and to help train and employ our team of seamstresses,' says Pav.

That team of seamsters and seamstresses is made up predominantly of recent migrants, stay at home mums and long-term unemployed. 'We work with the job centre and college, and run free in the community courses to teach sewing to long-term unemployed. We help them learn new skills and then we offer them a chance to work for us, part time, in their own homes.'

'It's about engagement. It gives them confidence, it gives them some control over their lives, and it gives them some money in their pockets.'

The team help to turn coffee sacks into useful items, like handbags, coasters and seasonal items. 'The aim is to leave as little waste as possible, so we are always trying to think of new things to do with the off-cuts. We've started making bunnies for Easter – you can fill them with chocolates or treats and give them as gifts, and they're reusable so you can keep them for next year'

So far, Pav estimates that around 48 people have been taught to sew, or helped to improve



their abilities through Peterborough Reuse's classes. Of those who have completed the class, 14 are currently employed to create the products. Long-term, Pav hopes to support more organisations and help more vulnerable people into employment, and wants to grow his workshop at Allia Future Business Centre, which he says has been a godsend.

'The space here has allowed us to keep everything in one place, we used to have one type of sack in one building, another kind somewhere else, we spent so much time driving around, it's not good for the environment either. Now it's all together, it's central, it's so much easier. We can even print custom designs on the bags, and we can't wait for the innovation lab to open up so we can do even more.'

Pav dreams of turning his workshop at Allia Future Business Centre into a space that people in Peterborough can come to with their old, broken or worn items, to see them upcycled by a skilled set of seamsters, seamstresses and technicians while they enjoy a coffee in the centre's café. There are also long-term goals to teach the courses from this central base, so that the team can develop better knowledge and new skills.

'We want to teach more and more skills, and if one of the students gets to a point where he or she wants to go off and set up their own shop, well that's great!'

Each finished product receives its own tag, signed by the seamstress who put it together – and even that is recyclable, with a 'please tear here' line and instructions to keep it as a bookmark. Emblazoned on the tag is the Peterborough Reuse logo, a cog.

At just 18 months old, the enterprise has already earned two awards: The Peterborough Environment City Trust Green Award in 2014 and highly commended in the Peterborough Telegraph Environmental Achievement Award category last year. Their products can be purchased in Peterborough Tourist Information Centre and they are currently in talks with a

Crowdfunding: The myth and reality...

**Free Event @ Allia
Future Business Centre,
Peterborough
26 May, 9am-11am**

Crowdfunding is set to overtake venture capital this year, as funds raised through the platform exceeded \$34.4 billion across the globe in 2015, and show no signs of slowing.

Crowdcube, the largest crowdfunding platform in the UK, will be sharing their insider knowledge at an event to help start-ups and entrepreneurs better understand the opportunities and risks associated with crowd funding, and provide tips on running a successful campaign, from choosing the right platform to what's needed before, during and after.

The start-up orientated, equity crowdfunding platform gives members of the public the chance to buy equity in the businesses on the site in exchange for investment. It has also now expanded this offering to two different types of investment opportunity: equity (stake in a company) and mini-bonds (lending money). FCA approved, they still focus on early-stage businesses and work as an alternative to banks, angels or venture capital funding.

This event is a unique opportunity to find out how Crowdfunding could work for your business.

● Future Business Centre alumni Renovagen beat their £600,000 target to raise £1,000,000 through Crowdcube this month.

● The event is open to both tenants and members of the public, however you must pre-register via the website: peterborough.futurebusinesscentre.co.uk/news-and-events/events

● For enquiries please contact events@fbcpeterborough.org.uk

number of other local outlets.

The online shop is now open: www.peterboroughreuse.co.uk

Businesses looking for personalised items or to order larger quantities can purchase directly from Peterborough Reuse by emailing pav@peterboroughreuse.co.uk or calling 01733882569.



Future Business Centre Peterborough
ABAX Stadium London Road Peterborough PE2 8AL
01733 666600 futurebusinesscentre.co.uk

Confident outlook

The third annual Greater Peterborough Business Survey reveals a confident business environment despite a range of challenges

The city's business community has every right to feel confident about the next 12 months, judging by the results of the 2016 Greater Peterborough Business Survey.

Almost 60 per cent of businesses responding to the survey reported improved performance during the last 12 months, with 45 per cent expecting to invest in more staff or capital projects this year. About a third expect to be requiring larger premises within the next five years.

Prospects look good with 60 per cent of respondents anticipating a continued improvement in profitability over the course of the coming 12 months, despite an expected increase in operating costs.

The survey, jointly organised by city accountancy firm Rawlinsons



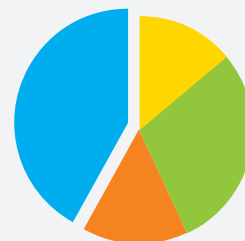
Top 5 Obstacles

The top five obstacles to growth have remained constant over the past three surveys. The biggest obstacle now facing businesses is the availability of skilled workers, an issue that has steadily increased in prevalence across Peterborough's business community. The results below show the percentage of respondents citing each obstacle as relevant, together with the respective position.

Obstacle	2014 results	2015 results	2016 results
Availability of skilled workers	22% (4)	34% (=1)	37% (1)
Price pressure from customers	31% (2)	29% (3)	31% (2)
Price pressure from competitors	36% (1)	34% (=1)	31% (3)
Rising overheads and utility costs	27% (3)	24% (4)	19% (4)
Declining demand from customers	19% (5)	17% (5)	18% (5)

and economic development company Opportunity Peterborough, is designed to test the temperature of the economic water specifically in Greater Peterborough, rather than Cambridgeshire as a whole. Just over 180 businesses responded to the survey questions across a broad range of sectors, with financial services and construction performing the best.

The biggest challenge facing businesses seems to be the availability



Mind the (skills) gap

Just over half of businesses now find recruitment a challenge. The percentages of respondents who find it challenging to recruit for certain job levels within their business are as follows.

- Entry level 16.1%
- Mid-level 33.9%
- Senior level 17.3%
- No issues 48.2%

of skilled workers, with 37 per cent of all respondents focusing on this as their main obstacle to growth. Predictably, the other challenges were price pressure from customers and competitors, and rising overheads including utility costs.

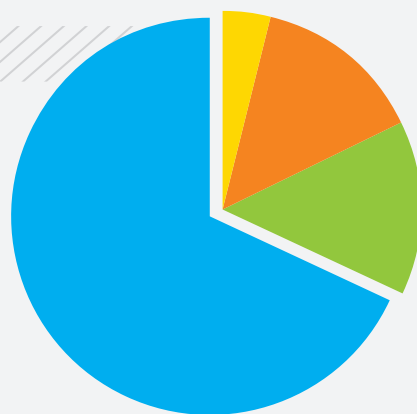
'This is our third annual survey, and so we are starting to build a longer-term picture of what local businesses are saying,' says Mark Jackson, Partner at Rawlinsons. 'This latest survey shows that business performance in Peterborough continues to be strong and expectations for the next 12 months are quietly encouraging, without being overly optimistic. Start-ups are reporting good results and most sectors are experiencing continued growth.'

'As with previous years, access to a skilled workforce continues to be a major priority for local companies, and with almost half of respondents expecting to see an increase in staffing levels this year, it's vital there is appropriate support to recruit talent that meets business needs. Our Skills Service is doing valuable work to boost the employability skills of young people in the city, but of course there is still more to be done,' says Steve Bowyer,

Moving on up

Business expansion often means bigger premises. The percentages of respondents for foresee requiring larger premises in the coming years are as follows.

- Next 12 months 4%
- Next 2 years 14%
- Next 5 years 14%
- Not within 5 years 68%



Chief Executive at Opportunity Peterborough.

'It is also encouraging to see more than half of respondents indicating they would welcome support to increase their operational efficiency through improved processes, more effective use of resources and

better leveraging of technology. Working closely with our partner organisations, we are exploring ways of closing any gaps created by the demise of the Growth Accelerator and Manufacturing Advisory Service as we continue to help businesses take advantage of support that is available,' adds Steve.



The full Greater Peterborough Business Survey 2016 report can be accessed by visiting the Rawlinsons website at www.rawlinsons.co.uk/business-survey-2016 or by contacting Joanna Bacon at Joanna.bacon@rawlinsons.co.uk or on 01733 568321.

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SPIRIT OF INDEPENDENCE

In 2015 Westgate Arcade received a **£400,000** refurbishment, completely transforming the look and feel of this historic part of Queensgate Shopping Centre. Known for accommodating independent retailers, Westgate has become the place to launch individual and unique retail businesses, offering access to the Centre's total annual footfall of 14.9 million visitors. We talked to the centre director, Mark Broadhead and asked how companies can get involved and what they need in order to thrive.

How is Westgate different from the rest of Queensgate?

They're independents – all local businesses that have realised there is an opportunity for their business to get a route to market. They are traditionally offering something that is not offered on the high street. Yes, some will have brands, but take the example of Mayson's, the men's outfitters: they will have brands that you can find elsewhere, but they will also be more specialised. If you want Vivienne Westwood menswear, you can buy it in Mayson's. So, they have that niche, high-fashion element, and the ability to bring a different product to the market – something that sets them apart.

Now the nitty-gritty question: what do businesses need in order to thrive there?

What's important is that individual approach – I believe that independents



have an edge when it comes to building one-to-one service to the customer. But any business also needs a solid base in respect of a business plan. They need to have a route to their market, and obviously being part of the centre allows them to have access to a huge customer base: as well as a very healthy 1.72 million through the Arcade itself – a figure which is growing.

How are new businesses supported to help their businesses work?

We want to attract local businesses and help them to be sustainable in terms of their business development. So, we look very closely at their business plan, how we can support and develop that. We don't just rush to fill a unit; we want it to be a partnership, not just a landlord and tenant relationship. In addition, we signpost organisations like the Chamber of Commerce and Opportunity Peterborough, so businesses can engage with them. Their longevity is to our benefit, and also of benefit to the whole city, not just Queensgate. I'm a former retailer myself, and I often use the analogy that a shopping centre is like a department store: you can't get every department being profitable



The retailers' view

'Since the refurbishment, things in the Westgate Arcade have been really positive. All of the retailers are very friendly and we have a good community vibe; I think customers can sense that and it draws more people in. For anyone thinking about coming into the Westgate Arcade, my advice would be to make sure you've got the right people in store; customer service and understanding different customers' needs is crucial.'

Mark Mitcham, Store Manager at Maysons

'Independent businesses are the soul of the city. The perception of most people is that we just need all of the big brands; these are important, but you can go to any city for that. Having a hub of independents, each providing a strong and personal experience gives the city centre a unique pull. My advice for businesses thinking about joining us would be to have a unique selling point. It's important to have a strong business model and to understand your market, but what you do has to be unique and truly independent – it can't be the same as what they're getting down the road. Also, pretending that the internet is not a threat is naïve, we all buy online but here at The Oculist, we give our customers an amazing experience and although they may be spending slightly more, they're getting the excellent service and aftercare that comes with that.'

'We have always loved being part of Westgate Arcade since we opened our second Peterborough salon here in 2008. The recent refurbishment of the Arcade was just what was needed to support progressive independent businesses in their continued growth. It has really brought it more in line with some of the beautiful old Arcades you see in other cities.'

Jenny Wan, Director at Pkai Hair

'The refurbishment has had a really positive effect; it's definitely contributed to sales and footfall for us. The whole vibe in the Arcade is much more positive since it's been done, there is a sense of togetherness and it's generally a great place to be. If someone wanted advice on coming into the Arcade, I'd probably say that they need to have a niche product that people want.'

Gary Leftley, Store Manager at Clues

'We have been in the Arcade for over five years now and our business has gone from strength to strength. The new look Arcade has attracted a wider audience and long may it continue.'

Cindy Bansal, Managing Director at BB's Beauty & Brows

every week of the year, but as long the whole centre is, then you're giving them the opportunity to achieve that.

Can any business open up in Westgate and if not, how do you select them?

We'll take a look at any business proposal presented to us. We're looking for diversity and something that complements the existing businesses in the arcade. Westgate is ideal for start up businesses that have a gem of an idea and want to test the market. Also, the arcade is perfect for pop-up's, and we would welcome people with ideas for those. They can add vibrancy to the arcade, and it also gives them an opportunity to test the market without major commitment.

It's a prime position right at the heart of the city – does that mean the rates are phenomenal?

Rates in Westgate Arcade are very reasonable to encourage small, independent businesses. Most businesses don't make a profit in the first year, so we also offer flexibility – being able to



Mark Broadhead, Centre Director, Queensgate Shopping Centre

offer monthly rather than quarterly payment, for example, as well as a rent-free period to shop-fit. If that was one month free, we can also offer that as two months at half rent instead, so the business can get used to the cash flow more gradually. So, we help with those initial costs.

What new developments can we expect?

With regard to the whole centre, there's



a desire to put a cinema on the roof and introduce dining down by the West Mall. Then in 2017 we're looking to refurbish the remainder of the mall, to modernise and become more energy efficient. And we're continually working to improve a retail matrix which brings the brands to the city, and shows the vibrancy of what is a growing retail environment. And I do mean growing: our footfall and retail sales are up, and within the context of what centres are achieving we very much ahead of that national picture.



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Our tenants and visitors are delighted to be able to come into the offices and access ultra-fast speeds

The Allia Future Business Centre offers serviced office space and support to businesses and individuals in Peterborough, helping them to make a positive impact on people, planet or place through enterprise and innovation. The business centre provides affordable workspace, a vibrant and inspiring environment, and a network of expertise and support to help enterprises get off the ground and grow.

The challenge

The Future Business Centre recognised that the digital needs of businesses are changing and they are increasingly dependent on a high-capacity, reliable internet connection. In order to attract and retain innovative and creative businesses the centre needed reliable internet connectivity to provide a service that was fit for purpose and future proof.

The solution

Allia took over the building in May 2015 and began converting it to the Future Business Centre. They started sourcing an internet service provider who could meet the growing digital demand of all their tenants. In their research they found that the Peterborough CORE, CityFibre's pure-fibre network, not only passed directly outside their office but it also supported the fastest internet services in the city. It seemed too good an opportunity to miss out on!

The Future Business Centre connected to CityFibre's gigabit-speed fibre network in Peterborough via local service provider GreenCity Solutions who also provided a VoIP phone system and Wifi service.

Internet speeds are now as important as location and facilities when making a decision on where to move. The Future Business Centre is now able to market itself as a Gigabit business, giving them a valuable unique selling point against other business centres and helping them to attract a wide range of business types.

Existing tenants are already seeing the



Inside the Allia Future Business Centre

benefits of speeds of up to 1,000Mbps at no additional cost. With access to these speeds, new technologies and cloud services are helping them work more efficiently than ever before.

The Future Business Centre is also able to offer ultra-fast internet to its conference and events visitors. The fully serviced meeting rooms now have the added feature of internet speeds of up to a gigabit as standard. Large numbers of simultaneous users at an event is no longer an issue and video

conferencing has become both a practical and highly utilised solution.

'Gigabit internet not only helps us support our existing tenants' current and future bandwidth needs, it's also a fantastic selling point for us to attract new tenants and visitors to the centre' explains Gareth Jones, centre manager. 'Our tenants and visitors are delighted to be able to come into the offices and access ultra-fast speeds usually only available for the largest companies with the deepest pockets.'



Find out more about the Peterborough CORE, the city's very own gigabit-speed network, at www.peterboroughcore.com You can also follow Peterborough CORE on Twitter @PboroCORE.



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A sustainable future for Nene Park

In 2016, Nene Park Trust is continuing to focus its attention on planning the future of Nene Park to ensure that it's sustainable for years to come. Along with the opening of the Badger Play Area, a new management team at Nene Outdoors and two newly refurbished cafés, 2016 is a big year for the Park. Matthew Bradbury, Chief Executive of Nene Park Trust, provides the latest update on what's new for 2016.

Much of our winter has been spent looking at what Peterborough, the park and the trust might look like in the future. Peterborough's population is rapidly expanding and the number of park visitors is increasing every year. To ensure that we can meet this future demand and protect the landscape and wildlife, we are producing a new Master Plan which will include an outline for new facilities which will be required, along with new structures and landscape features.

As a trust, we recognise what an important job it is to plan the park for the next thirty years. We've held sessions with tenants, local organisations, visitors and volunteers to gain their comments and ideas on the draft plan, and we will be releasing the results in the autumn.

At the time of writing, there is a feeling of great anticipation in the air. We have just opened our new Badger Play Area, a great new adventure playground for children,



and the Ferry Meadows Café and Lakeside Kitchen & Bar received a facelift earlier in the spring ready for the summer season.

There is also a new team in place at Nene Outdoors offering a fantastic range of watersports and outdoor activities. The re-opening is a really exciting opportunity for us to develop Nene Outdoors as a hub for outdoor activities in the region.

Formed in 1988 by the Peterborough Development Corporation, Nene Park Trust was set up to manage Nene Park after it was

What can I do in Nene Park in 2016?

Upcoming events include:

- **22 May** – Nene Outdoors Open Day
- **1 July** – Open Air Theatre: *A Midsummer Night's Dream*, by the Chapterhouse Theatre Company
- **13-16 July** – Open Air Theatre: *We didn't mean to go to sea*, by the Eastern Angles Theatre Company
- **24 July** – Aim High outdoors activities day – including trampolining, a climbing wall and an off-road segway course
- **10 September** – Bark in the Park and our fun dog show
- **25 September** – Nene Valley Festival Finale and Roman re-enactment

Plus a full programme of walks, talks, craft activities and much more.

Visit the website for more information – www.neneparktrust.org.uk/news-events – or call into the Visitor Centre for more details when you're next in the park.



created in the 1970s as a park for the people of Peterborough in the natural landscape of the River Nene valley.

Many of our visitors are unaware that Nene Park covers a huge 1,700 acres of parkland and agricultural area. Whilst Ferry Meadows Country Park is our main visitor hub, attracting over 1.1m visitors in 2015, we also manage Thorpe Meadows, Orton Mere and a large agricultural estate.

It's vitally important that we continue to plan ahead and ensure that the whole park is sustainable – including financially sustainable. Alongside the introduction of new parking charges at Ferry Meadows and Orton Meadows, we are currently looking at new fundraising ideas and grant opportunities. We have a huge number of events taking place over the coming months – we hope to welcome you to the Park very soon.

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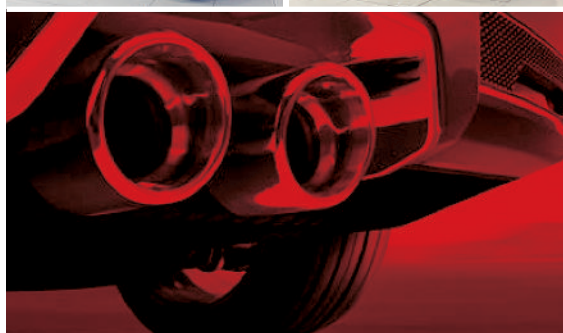
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Tax takes a turn

The start of the new tax year brought a number of changes to how dividend income and interest are taxed. Senior tax advisor Matthew Grief explains the changes

Significant changes to the way interest and dividends are taxed came into force at the start of the new tax year. You may have heard the headlines but may not be aware of some of the circumstances in which these may affect you. Here's what you need to know.

Taxation of interest

A new personal savings allowance came into effect from 6 April. It affects the tax rate for interest payable on income from savings held outside of an ISA. Savings income includes interest from bank and building society accounts, National Savings, interest distributions from unit trusts, government or company bonds and foreign interest.

From 6 April 2016 rates have increased as follows:

- 7.5% on dividend income within the basic rate band
- 32.5% on dividend income within the higher rate band
- 38.1% on dividend income within the additional rate band

The 10% notional tax credit is removed and the first £5,000 of dividend income received is taxed at 0%. This is the case whether you were liable to basic, higher or additional rate tax. So, for example, an individual with a salary of £150,000 could effectively take a tax-free dividend of £5,000.

However, rather than being an allowance (such as the personal allowance, which is deducted from income to arrive

Therefore the £5,000 dividend will have increased your total tax liability for the year by £1,000 (an effective rate of 20% on the £5,000 received).

The decision on whether to take a salary (which is deductible for corporation tax purposes) or dividends (which aren't) is not as clear cut as it previously was and would need to be reviewed on a case-by-case basis.

Income tax on dividends will either be paid through Self Assessment or by including a 'dividend tax' deduction in the PAYE code. In our experience these have started to appear in individual's tax codes even where they are within the Self Assessment system. It is therefore more important than ever to check your tax code is correct, as the restriction will collect the tax due much earlier than would be the case if settled through Self Assessment.

THE DECISION ON WHETHER TO TAKE A SALARY OR DIVIDENDS IS NOT AS CLEAR CUT AS IT WAS

For individuals with 'net adjusted income' of under £43,000 in 2016/17, interest of up to £1,000 is now tax-free. For individuals with 'net adjusted income' of between £43,001 and £150,000, up to £500 of savings interest is tax-free. Where income exceeds £150,000 there is no allowance and therefore all interest, now received gross, is liable to tax. Banks and building societies have stopped automatically deducting 20% income tax from account interest.

Where savings income is in excess of this Personal Savings Allowance tax will be payable on this amount via your Self Assessment tax return. If you do not currently complete a Self Assessment tax return but have a PAYE source of income – for example a salary or pension – HMRC may collect the tax by changing your tax code.

Dividend taxation

Before 6 April dividends were effectively tax-free for basic rate taxpayers, while higher rate taxpayers were liable to income tax at the effective rate of 25%. Additional rate taxpayers (those with income of £150,000 or more) were taxed at 30.55% after taking into account the 10% notional tax credit.

at the taxable element) the £5,000 should instead be viewed as a nil-rate band. This is because it is still treated as income and uses up the relevant tax band in which it falls.

For example, where income exceeds £100,000 your personal allowance is reduced by £1 for every £2 until the allowance is withdrawn in full. An individual with a salary of £100,000 would be entitled to the full personal allowance. However, if on top of this salary they decided to take a £5,000 dividend they may assume that there are no tax implications as the first £5,000 of dividend income is taxed at 0%. However, as the £5,000 still counts as income, the personal allowance available is reduced by £2,500.



Moore Stephens

Matthew Grief is Senior Tax Advisor at Moore Stephens Chartered Accountants and Business Advisors. He specialises in personal and inheritance tax work, concentrating on technical tax planning in areas such as trust taxation, capital gains tax and inheritance tax. For more information, please call Matthew on 01733 397300 or email: matthew.grief@moorestephens.com

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Keeping it clear

Calls for greater transparency have led the government to introduce a new register for persons exerting significant control over a company. Andrew Heeler of Hegarty Solicitors explains exactly what this means

For decades the UK has had one of the most open regimes as far as limited companies are concerned. However, new legislation that came into force on the 6 April 2016 significantly enhances the disclosure requirements for all companies.

Recent government crackdowns on concealing wealth and high-profile cases in the media concerning the management of tax affairs, including the most recent leaking of documents from a Panamanian law firm, have highlighted the need for greater transparency.

UK companies must annually file lists

all of the information being available to the public via Companies House. In addition, every limited company is required to have 'statutory registers' in which the details of directors, shareholders and share transactions must be kept. Those registers must also be available for inspection at the company's registered office.

Many companies we come across do not keep their statutory registers in accordance with the Companies Act; many do not realise this is an issue until they come to sell their company and it causes a problem in that transaction.

to be disclosed. While these aspects are reasonably easy to identify, a PSC can also include an individual who has the right to exercise significant influence or control over a company via other means that can be more complex to determine. Control may be either by way of an individual or another legal entity.

In certain circumstances an individual or a legal entity might be non-registrable; this generally only applies in group company situations. In a group situation a person is disclosed as having control in the parent company and does not need to disclose the control in each of the subsidiary companies. However, if they try to hide their involvement by introducing offshore companies (as seen in Panama) they would then need to disclose their interest in any subsidiary of the offshore company.

The new legislation also imposes obligations on the directors of a company to ensure they have the relevant registers maintained and they investigate the circumstances behind each shareholder to make sure that the register of interests and of PSCs are kept up to date. The consequences for failing to comply could be significant, with the directors of the company and the company itself committing criminal offences and the person failing to disclose their control losing the right to any shares that they may have in the company.

As this is new legislation we have yet to see how it will be policed and whether any prosecutions will be brought. Historically, the Companies Act has contained numerous offences that can be committed by directors but Companies House has always been slow in bringing prosecutions due to lack of resources. There may now be more political pressure to show action is being taken, though only time will tell.

RECENT GOVERNMENT CRACKDOWNS ON CONCEALING WEALTH AND HIGH PROFILE CASES IN THE MEDIA CONCERNING THE MANAGEMENT OF TAX AFFAIRS HAVE HIGHLIGHTED THE NEED FOR GREATER TRANSPARENCY.

Failure to keep appropriate records and to properly notify Companies House is a criminal offence committed not only by the company but by each of the directors and the company secretary.

In 2015 the Small Business, Enterprise and Employment Act made it to the statute books. This significantly enhances the disclosure requirements for all companies, whether they are public companies or privately owned. In particular, from the start of the new tax year there is a requirement to disclose persons with significant control (PSC) and keep their details on a register.

PSCs may include an individual that directly or indirectly holds more than 25% of the shares in the company, directly or indirectly more than 25% of the voting rights, or directly or indirectly has the right to remove a majority of the board of directors. Nominee shareholders will also need



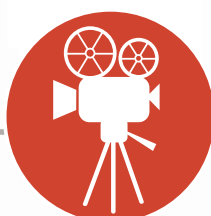
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Andrew Heeler is a Partner at Hegarty Solicitors. Email him at andrew.heeler@hegarty.co.uk or call Hegarty Solicitors on 01733 346333. For more on Hegarty's services visit www.hegarty.co.uk



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Meet in style

Break free from the shackles of the office and take your meetings somewhere different – like the luxurious surrounds of the Orton Hall Hotel & Spa

The Orton Hall Hotel & Spa in Orton Longueville exudes grandeur and history. It's ancestral past – it was once the seat of the notorious Marquess of Huntly, George Gordon (of Gordon's Gin fame) – and stately setting make it one of the most impressive venues in the Peterborough area. A welcome antidote, then, to the boardroom blues!

The hotel and spa has the best of both worlds: it's conveniently close to the city centre yet has plenty of space, with some 20 acres of mature parkland to explore. For corporate guests the venue combines flexible business spaces and packages, with highly competitive pricing, with day delegate rates for readers of The Moment starting at just £32 per person.

The main hotel building has a number of meeting rooms and eight conference rooms, while the hotel boasts capacity for up to 160 delegates. The business suite has been designed with comfort in mind, with five of the rooms featuring climate control.

All conference rooms come equipped with the essentials necessary for a smooth and



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ONSITE RESTAURANTS, SO DELEGATES CAN
TAKE A BREAK AND ENJOY FINE DINING**

trouble-free meeting: telephone, notepads and pencils, flip chart and pens, internet access and refreshments including cordials, iced water and sweets. Additional conference support services are available, such as photocopying, fax and post service, as well as audio-visual equipment, secretarial services and transport.



To ensure that guests are as comfortable as possible the staff at Orton Hall can arrange for tea/coffee and biscuits – with or without Danish pastries or afternoon fancies – juices, mineral water and even bacon sandwiches!

There's plenty of scope to escape into the grounds for team building and other corporate events. Try archery, falconry, even laser shooting – all designed to help stimulate creative thinking and a feel-good vibe.

Of course, as well as offering conference facilities, the hotel also has not just one but



two onsite restaurants, so that delegates can take a break and enjoy fine dining in the hotel's award-winning Huntly Restaurant or relax at the adjoining Ramblewood Inn. And for delegates staying over, there's the opportunity to recoup and unwind after a long day in the onsite spa before indulging in the luxuriously spacious and beautifully appointed bedrooms.



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Companies can enjoy a 25% discount off all bookings throughout 2016, with a further 10% discount for those booking a block of six or more. On-site visitor parking is available for all bookings.

Pinnacle House insists on a clear and transparent pricing structure, so that companies can concentrate on the important things – like hosting a great



conference – rather than worrying about the detail.

A range of flexible office, virtual office and hot desk packages are also available to companies considering locating to Fengate.



Find out how Pinnacle House's slogan 'we like to keep it simple' translates to its efficient and transparent packages by getting in touch with them today.



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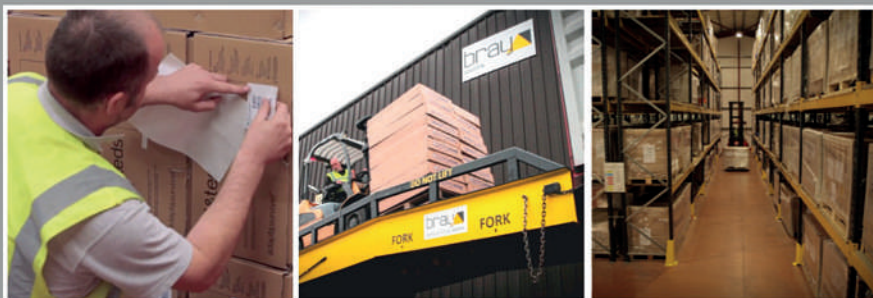
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Park life

Nene Park Trust looks after the green lung of Peterborough: Ferry Meadows, Thorpe Meadows, Orton Mere, Woodston Reach and a rural estate of footpaths and bridleways beyond. This wildlife-rich matrix of river, lakes, woodland and meadows is a great place to visit this summer – and there's certainly plenty to see and do!

Imagine somewhere beautiful, safe and unspoilt where you can walk, cycle, play, horse-ride, sail a boat, ride a train, go fishing, exercise the dog, jog, push the buggy and explore endless meadows, lakes and woodland – and all within three miles of Peterborough's busy city centre. You'll find all this and more, including cafes, hard-surfaced routes for wheelchair users, a busy events and activity programme and endless opportunities for outdoor recreation within Nene Park.

Nene Park provides visitors with a range of opportunities for relaxation and recreation in a wide variety of landscapes and wildlife habitats throughout a number of sites. At the heart of the park is the beautiful Ferry Meadows, with its lakes, meadows, woodlands and riverside that make it a favourite destination for many visitors throughout the year. Ferry Meadows offers the widest range of activities of all the sites and there's always something to do there.

Ferry Meadows

Ferry Meadows is easy to reach from the city, with excellent links from the centre as well as the surrounding countryside. As the focal point to Nene Park, this is the place to come for a range of outdoor activities and events. At the heart of it all is Lakeside, a hub for those seeking either adventure or, indeed, relaxation. Here you'll find Nene Outdoors, a new water sports and outdoor activity venture, Rutland Cycling cycle hire, plus the Lakeside Kitchen & Bar, a contemporary dining and function destination with a new menu for this season.



The Lakeside Kitchen & Bar specialises in popular dining-out favourites that take full advantage of local producers and suppliers, complemented by a range of hot and cold soft drinks and alcoholic beverages and homemade cakes. Its stunning surroundings make this the perfect place to host an event, have a great meal or to simply stop off for a coffee and cake while you are walking your dog. The Lakeside Kitchen & Bar is open from 8am to 6pm in the summer.

Play time

This summer Ferry Meadows hosts a truly packed programme of events, from plays to playtime! On 1 July Chapterhouse Theatre Company presents Shakespeare's



New play area

An exciting new nature-inspired play area opened this spring. The central part of the Badger play area is a large crawling tunnel leading to a bridge with badger dens and a slide. Other features include climbing trees and wheelchair accessible in-ground trampoline and swings. In addition, you'll find areas of streams and ditches for children to clamber and explore. Andrée Davies of landscape architects Davies White explains the inspiration behind it: 'Nature is the ultimate playground and that's exactly what we have designed here. Inspired by the local wildlife and landscape, the Badger playground is fun for all the family.'

best-loved romantic comedy *A Midsummer Night's Dream*. Drama-enthusiasts are promised an evening of magical forests, star-crossed lovers, playful fairies and hilarious travelling players – all in beautifully designed Elizabethan costumes and set to a new musical score. Picnic with family and friends in the picturesque surroundings and indulge in a perfect evening of magical theatre.

Then from 13 to 16 July Eastern Angles Theatre Company brings its production of Arthur Ransome's *We Didn't Mean to Go to Sea* to a pop-up theatre within the meadows (see page 8 for more details).

Another highlight this summer – quite literally! – is *Aim High*, a day of fun for children and families with trampolines, climbing walls and more. Have a go at new outdoor activities and see how high



you can go or how high you score. Test your climbing skills on the climbing wall, navigate the spider mountain, and traverse the climbing boulder. Score points at archery or manoeuvre through the off-road Segway course. Try each and every activity or stick with the one you enjoy the most. This action-packed day is on 24 July.

Other attractions

And there's even more to do and see at Nene Park. Families will love the Ferry Meadows Railway, a miniature train ride

taking in all of the park's features. Or if you prefer to explore on foot why not pick up a Children's Discover Nature Pack from the Visitor Centre? They are free to borrow (just a £10 deposit) and will help youngsters to get up close and personal to the wildlife that make the park their home.

Fishing is available all year round in certain areas of Ferry Meadows and there are two stands close by the Lakeside centre car park for disabled anglers that are accessible to wheelchairs. Park goers can also climb aboard *The Captain's Folly* for a skippered boat trip on Overton Lake and the River Nene. Or if you'd prefer to overlook Overton Lake rather than float on it, don't forget to drop into Ferry Meadows Café for hot meals, snacks and drinks – you'll find it next to the Visitor Centre.



Then there's the sculpture park, purpose-built rowing lake, riverside walks, a Nene Valley Railway station and, of course, all that open space and wildlife to explore! Head on down to Nene Park this summer and enjoy it all.

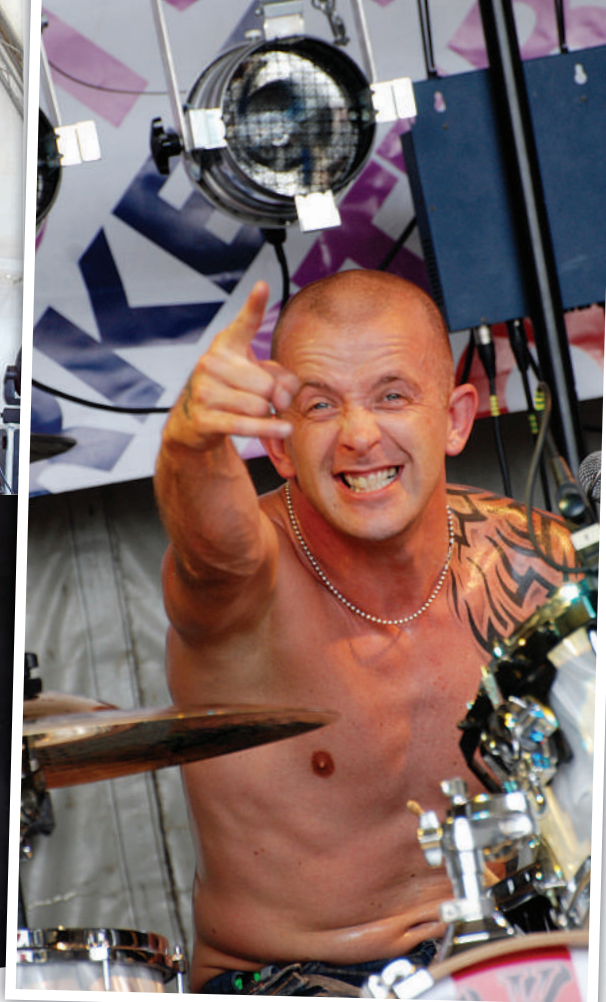


Come and explore!

For further information on Nene Park, its many facilities and the current events programme and details of how to book, simply visit www.neneparktrust.org.uk You can also call visitor services on 01733 234193.



WILLOW THE FESTIVAL 2016 ...AND BEYOND



After taking a sabbatical during 2015, **The Willow Festival** returns this year as not just one, but three events spread across three counties...

From humble beginnings back in 1998, TWF has grown into a nationally recognised event, specialising in and exclusively showcasing new, emerging, unsigned and undiscovered live music artists. The festival has for a while held the title of being the largest of its type and remit in the world, and remains so to date.

The Willow Festival Goes Walkabout – Billing Aquadrome.

The first of the three family friendly festivals, The Willow Festival – Northants, will take place at Billing Aquadrome between the 10-12 of June. The Northamptonshire holiday park has staged many events in its long history, but this will be the first live music festival to be hosted at the venue.

During 2015, The Willow Festival organisation produced a number of smaller live music events at Billing Aquadrome, including the popular TWF Open Mic show, and the next logical step was to develop the full festival at the park. With over 1,200 holiday park residents already staying at the venue and a multitude of camping and touring options, as well as many permanent infrastructure solutions, it wasn't a difficult decision to make.

Billing Aquadrome were very keen to

see TWF bring the event to its venue too and are looking at a long-term contract to secure the future of the festival in Northants.

Over 100 live bands and solo music artists will be performing at the event and visitors can enjoy all the facilities the holiday park has to offer during their stay, such as the new indoor swimming pool and leisure complex, go-karting, the fun-fair, crazy golf, kids

‘WE DO WHAT WE DO AND WE HAVE PURPOSE.’

playgrounds and the park itself with its picturesque marina.

The Willow Festival organisers will be bringing further attractions to Billing Aquadrome, including extreme rides, alternative shopping experience, world food village, fair price bars and more attractions for children.

The event will also be extensively filmed and televised by TWF's TV partners Britox TV, for release across a number of TV platforms, including Sky and Freeview channels Showcase TV and Information TV, as well as FilmOn TV.

The Willow Festival – Cambs. It's traditional!

The second TWF event will again be staged at its traditional home of Peterborough Embankment in the heart of the city's centre. Also traditionally held during the second weekend of July and between the 8-10 this year, TWF will remain the city's premier arts event, showcasing over 175 live music acts and attracting many thousands of live music fans.

As we write, approximately half of the acts have been booked and the organisers are busy trawling through the many hundreds of artist applications which they receive from all over the globe in order to complete the line up.

Paying homage to the musical genius David Bowie, local and nationally acclaimed David Bowie tribute band, Aladdinsane, will be the closing act the on Sunday evening. Expect this to be an emotional show and a very special occasion for both audience and the artists. Other tributes are planned by various artists, including Paolo Morena, performing his single release *Dance David Dance*, a songwriter's tribute to the great talent Bowie.

The 2014 TWF event trialled a new acoustic area which was set centrally at the festival and housed in a large marquee. This proved to be

one of the most consistently popular areas of the festival and because of this, TWF have brought the acoustic stage back for 2016. Approximately 40 local, regional, national and international acoustic artists will be appearing on the acoustic stage, performing a variety of musical styles and songs.

The Willow Festival's purpose and identity has always been robustly adhered to by its organisers. Despite being offered several lucrative partnerships to become a big name celebrity festival, or to showcase pop artists using backing tracks, such as is seen on many national and international TV talent and celebrity shows, The Willow Festival continues exclusively to showcase new, emerging, unsigned and undiscovered music which is performed live by musicians and musician songwriters. As organiser

artists, of which many do indeed stand out. In terms of song writing and musicianship I think local artists Austin Gold, Wise Naive, Burning Codes, Stringfinger and The Edeavour are well worth a mention, but so are many others. From out of town Paolo Morena will be appearing again, and the band Arcaves are superb, as are rumHoney. However, it's probably unfair to single out just these. Overall the level of talent that will be appearing at the festival is breathtaking.'

Local station Hereward TV will be in attendance and will be filming much of the action for release later this year and though 2017, prior to becoming the area's local TV station airing across Freeview and possibly Virgin channels.

Britrox TV will be taking care of national

'OVERALL THE LEVEL OF TALENT THAT WILL BE APPEARING AT THE FESTIVAL IS BREATHTAKING.'

Mark Ringer explains: 'We do what we do and we have purpose'.

TWF's aims remain as they have always been, to encourage the public to expand their life skills via learning to express themselves through playing and writing music, and to promote the value of watching and engaging with live music.

There are no genre boundaries at TWF events. The festival accepts applications from all types of live music performer, and festival goers can enjoy everything from Jazz to Punk or Electronica to Metal. As long as the music is performed live by musicians, then the material and artists will be considered for the event.

Asked which artists he felt were stand out bookings for this year, Mark replied 'Well we haven't actually announced all of them yet and have been concentrating on finalising bookings for many of our local

and international TV coverage after teaming up with TWF as its TV and online streaming partner. Extensive TV coverage is planned over many weeks, which will give the artists and Peterborough some welcome exposure both here and abroad.

This also helps TWF with attracting sponsorship, as sponsors are now being offered deals which include TV exposure via branding placement, and discounted TV advertising as a supporter of the event.

Britrox Presents: The Willow Festival - Dorset.

The third TWF event will be taking place at Canford Park Arena in Dorset. The venue sits right on the border between the two towns of Poole and Bournemouth and will be run over the weekend of 16-18 Sept.

The Willow Festival organisers had for some time been responding to many

'Not For Profit'

Despite the expansion of The Willow Festival for 2016 the organisation remains a 'Not For Profit' company and is run entirely by unpaid volunteers, in order to service the live music industry and its upcoming artists. Because of this, TWF do not need to make large profits from these events and any profits that are made are reinvested into the festival to ensure its future growth, expansion and success.

Support from sponsors such as The Sun, GP Print, Battenburg Design, Showcase TV and HMV Digital, as well as public donations also help the festival enormously and as a result, general admission prices for all three festivals will be kept to an absolute minimum - just £10.00 + booking fee per adult per event. Visitors can come and go as much as they wish over the whole weekend for just the general admission price. 14 years and under will be given free entry.

enquiries from several towns, counties venues and promoters with regard to setting up sister events to the Peterborough TWF, but a call from Britrox TV caught their attention due to the symmetry between the two organisations. Britrox TV were in the inaugural stages of launching a new series of TV shows focusing on unsigned and undiscovered music and wished to add a live event to their schedule of programmes.

It was decided that a new TWF show at Canford Park Arena would be developed in partnership with Paul Wookey, CEO at Britrox. The event would be named Britrox Presents: The Willow Festival - Dorset, and would receive extensive TV coverage.

The deal initially began with offers of coverage across just two TV platforms, albeit extensive coverage, but has now expanded to coverage over many terrestrial and online TV channels with possibly more to come.

TV adverts for The Willow Festival are currently airing courtesy of Britrox and will continue to do so running up to the September event in Dorset and covering TWF Northants and TWF Cambs in the process.

Britrox Presents: The Willow Festival - Dorset will showcase in excess of 180 live bands and solo artists and in keeping with it's two sister events will also have other attractions on site, including kids fair, extreme rides, fair price bars, alternative shopping experience and world food village.



- Tickets will only be available online and will not be able at the events themselves.
- For full information, ticket availability and entry conditions please go to: www.willowfestival.org.uk

BILL BAILEY

BRITAIN'S BEST-LOVED
RAMBLING MAN, BILL
BAILEY, COMES TO
PETERBOROUGH ARENA ON
4 JUNE - AND THIS TIME
IT'S PERSONAL... FELICITY
EVANS TALKED TO HIM.



Can you tell us a bit about what you have in store for audiences with this new tour?

Sure, absolutely. Like many of my shows it has a combination of stand-up and musical pastiches of current pop hits, pop stars, and music that's perhaps not quite so popular or well-known. Stories, jokes, anecdotes, traveller's tales, too – but what's slightly different about this show is that there's less of the hi-tech spectacles that some of the shows have become in the last couple of years, with film, animation, graphics. I made a conscious decision not to have all of that in this show, it's much more personal, about personal recollections, family, stories, holidays that go wrong – the stuff of day-to-day life, the stuff of... of me, really. Me going to see Paul McCartney, meeting him and being completely overawed; going to a One Direction concert... going to the Northern Lights and it all going disastrously wrong. In the first half, it's very much about a notion of 'what is happiness?' and I pursue that pretty much to the nth degree. So there's a lot more about me in it, there's a lot of what I think about the world and the state we're in – a sort of limbo, that's where the title comes from. We're in a state of unease, the world's heating up, what about the state of the Union, our relationship with Europe, with the rest of the world? Is social media a good thing, a bad thing? Does it make us more connected or less? It's about a lot of the things that worry us on a day-to-day basis. The title says a lot, too, about where I am in my life. I've reached my half-century and thought it was time to pause and have a look back. So there's a bit of recollection there, and a comparison between how

you think things are going to turn out and how they actually do – there's the global context, for example when I was a kid I thought that by now all diseases would be eradicated and we'd be living in peace and harmony, but it hasn't quite happened like that. And there's the personal element, how do we perceive our lives to be now, what if this had happened, what if that had happened?

It sounds to me as though this is about being, as much as anything else, at a very confident stage in your life. Not only have you decided you're going to fill arenas with a hugely scaled-back show, you're happy to introduce serious, thought-provoking material into a comedy show.

Yes, that's right. By now you'd hope you can think up funny things – that's something of a given! I looked at the material and thought, 'what do I really want to talk about?' And when I talk about going to see a concert, or what I think about something, actually to be honest, to really try and get to the real truth of how you feel and what you think – because we live in such an overheated atmosphere of social media, where it's either 'thumbs up' or 'thumbs down'. YouTube: thumbs up thumbs down; Facebook: like or unlike – it's very unsubtle, crude. And actually, we're not like that, as creatures

SO THERE'S A LOT MORE ABOUT ME IN IT, THERE'S A LOT OF WHAT I THINK ABOUT THE WORLD AND THE STATE WE'RE IN – A SORT OF LIMBO

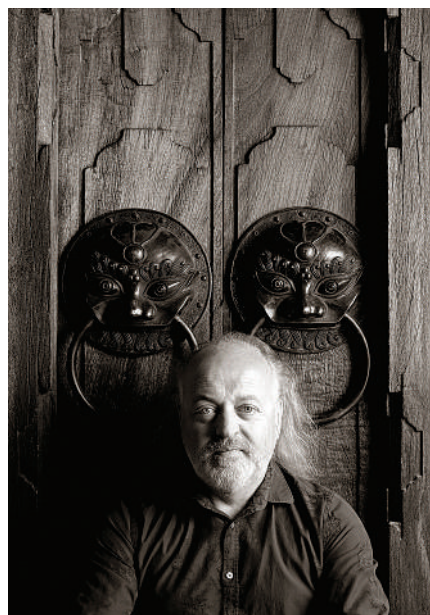
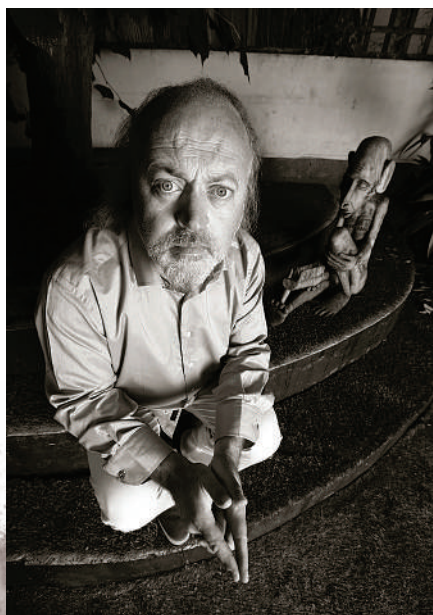
we're very contradictory: we sort of like something, we don't like something but we like that little bit about it. So that's

what I'm trying to aim for.

Comedy has a way of unpicking a lot of the complexity of modern life, in a way that is accessible but also hopefully funny and in a way that people can relate to. I think that's what I'm aiming to do with this show. But yes, as you say, with the benefit of many years experience, I feel that maybe I can explore maybe more unusual areas... the areas where you might not expect to find comedy.

You're a classically trained, highly experienced musician – do you ever feel tempted to just pack in the comedy, even for a bit, and give yourself over totally to music?

A few years ago I had the opportunity to do just that, and that was to perform with the BBC Concert Orchestra, and Anne Dudley, and to work on a music show. What I do combines comedy and music, but it's a combination of equal parts. I have a great love for music and have done for as long as I can remember; some of my happiest memories are sitting tapping out a tune on the piano with my mum. But equally, I have a great love of words. I think that this show manages to combine the two. And every time I think about doing purely a music show I think, yes, but how do I describe it all? How do I



introduce each section? I love playing music, but I also love a well-turned phrase, a visual image conjured up by words alone. So if I were to do a music show – and I would love to do that – it would have to be in the context of an introduced piece. One of my ambitions was to do a show, *The Remarkable Guide To The Orchestra*, which was a version of *A Young Person's Guide To The Orchestra*, a very stiff and rather formal thing. And I always thought when I went to concerts that I wanted a bit more out of it, I wanted the conductor to stop and say: 'in this next section, you'll hear the answering phrase in the strings that's just been set up in the woodwind.' That would enhance my listening experience, and it's something I feel I have a peculiar facility to do.

What have you seen recently, that you've enjoyed?

The last thing I went to see was *The Mikado* at the London Coliseum, the Jonathan Miller production, and I also went to see *The Play That Goes Wrong*

– I took my son along and he really enjoyed it!

So, what's next for you? And does it involve another series of *Black Books*?

Aha! I don't know! I don't think so, you'd have to try and prise Dylan



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[Moran] out of his Edinburgh hidey-hole first! I'm probably going to make another wildlife/history documentary about another explorer, after the Wallace one went so well, and which I was really pleased with. And then maybe, hopefully, a comedy sketch show towards the end of the year, a short film with some animation. Always my problem at school was not knowing what to focus on, I was always being asked what I wanted to do!



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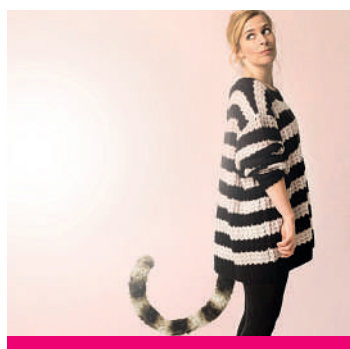
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As the countryside starts to fill with the sound of the birds and the bees, it's a great time to assess what's buzzing...

That's exactly what Sacrewell Farm near Wansford has done and it produced some exciting results, using data spanning 40 years as a basis for its findings.

The teams from Sacrewell and Riverford, the organic farmers, who are both based on site, are celebrating an increase in the number of plants, birds and butterflies found on the 550-acre farm, including a couple of new additions.

The results were found as part of a new wildlife survey, commissioned by farm owners The William Scott Abbott Trust. In order to gain a good insight into what was found, they used past surveys done in 1974, 1984, and 1994 as a comparator.

Among the findings in the butterfly survey was the brown argus, which has never been spotted at Sacrewell, before and the small heath, which has priority conservation status as its numbers have



The ecological wellbeing of the land has been maintained and improved over the last 20 years

declined severely in the long-term.

Site Operations Manager at Sacrewell Richard Hadfield said: 'As with all surveys there were some results that really stood out to us. The fact that Sacrewell is helping to buck the trend in some species and numbers are in fact increasing demonstrates that the ecological wellbeing of the land has been maintained and improved over the last 20 years.'

The bird survey revealed species like lapwing and skylark are flourishing at Sacrewell despite declining levels nationally. Reed buntings and yellowhammers that are also on the RSPB conservation concern list have been spotted at Sacrewell for the first time.

A survey of plant life on the farm showed that Sacrewell supports a rich variety of species that have increased and become more widespread across the farm. There has been a big increase in locally significant species as well as plants like night-flowering catchfly (*Silene noctiflora*) and wild pansy (*Viola tricolor*)

that have suffered widespread decline elsewhere in the UK.

The Trust is an agricultural education charity founded in 1964 to provide practical instruction in farming for everyone who sought it. It started working with Riverford almost a decade ago, when they took over the tenancy of the farm land.

Chairman Paul Hutton OBE says the latest set of results has given a new insight into life on the farm. 'The fact we can see a wider spread of flowers and plants, which are encouraging new species of butterfly and supporting farmland birds is a credit to the hard work and dedication of the Trust and Riverford,'

he added. 'As a charity, it enables us to educate visitors to the farm and activity centre at Sacrewell on the importance of wildlife on a farm.'

James Negus who helps to run Riverford's organic farm at Sacrewell is delighted with the results, he said: 'We took over farming the land here in 2007 with our first crops two years later. As organic farmers we work with nature to develop healthy, fertile soil avoiding the use of chemical fertilisers and pesticides that can be harmful to wildlife.'

'Our customers seem to enjoy the results and we now deliver more than 7,000 veg boxes a week in the area. We'll continue to enhance the land for wildlife with more hedgerows, provide wet grassland areas for birds, and maintain a range for habitats for mammals and insects.'

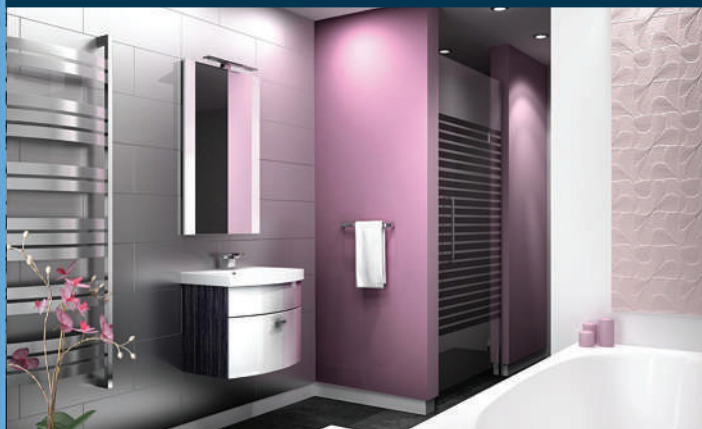
The results have also helped Sacrewell and Riverford to improve upon their educational interpretation on site.



About Sacrewell

Sacrewell is open from 9.30am - 5pm every day and there are a number of self-led walks and rambles that are free to explore. Riverford is running a series of free farm walks at 5pm on the last Wednesday of each month from May-September so people can see the wildlife first hand. To book your place visit www.riverford.co.uk/pet/walks-sacrewell

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From spending a day with Harry Potter to a double bill of *Star Wars* and *Batman*, one of the UK's top outdoor cinemas is back this summer for five days and nights of movie magic

The giant screen returns to England's greatest Elizabethan house this July as Lincolnshire's Burghley House again becomes the spectacular backdrop for an outdoor cinema in the picturesque South Gardens.

The line-up of movies is better than ever with something for all ages and tastes. Among the returning cinematic favourites is the 'Best of British' BBQ and film themed-drinks, plus the chance to hire Burghley deckchairs.

The 2016 Burghley Film Festival features some of the biggest hits of the last year, including a nighttime screening of *Star Wars: The Force Awakens*, along with daytime sessions of children's favourites and Disney classics, such as *Snow White* and the Seven Dwarfs and *Peter Pan*.

Launching the festival on Wednesday 27th July will be a whole day of *Harry Potter*, with *The Philosopher's Stone* and *Prisoner of Azkaban* during the daytime session and *The Deathly Hallows Part 1* and *Part 2* for the evening.

If that leaves you shaken, but not stirred, there's always the return of James Bond in potentially Daniel Craig's last outing as 007 in *Spectre* on the Friday night. Or for a real weekend treat, how about *Hairspray* followed by *Mamma Mia* on Saturday night? For a fitting final night finale, *Star Wars: The Force Awakens* takes

Burghley to a galaxy far, far away before *Batman* lights up the night sky in *The Dark Knight*.

In between, movie fans can enjoy everything from rom-coms *Notting Hill* and *Bridget Jones's Diary* on Thursday 28th July to thrills and spills aplenty in *Mission Impossible – Rogue Nation* on Friday 29th. Daytime family screenings range from *Puss in Boots* to *WALL-E*.

As well as the BBQ serving up delicious local food, the bright and airy Orangery Restaurant will be open as usual during the Film Festival to offer a wide range of menu options using locally sourced fresh ingredients. If you don't fancy carrying your own chairs into the performance, you won't have to, as Burghley deckchairs can be hired for just £5 a session. Book your deckchair in advance on the website.

Tickets bought in advance cost £12 per adult and £7 per child until 26th July. On-the-gate tickets will cost £14 and £8. Parking is free. See you there for a truly magic movie

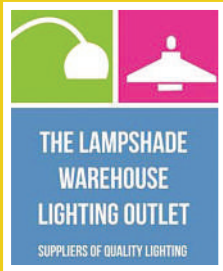


Burghley Film Festival

For a full list of all the movies, prices and to book online tickets, visit www.burghley.co.uk or telephone 01780 752451.



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TOWER TOURS

Toby Venables takes a Cathedral tour that takes you to the parts other tours can't reach...

It's hard to describe the view from the narrow gallery of the Cathedral Crossing Tower looking down into the nave below. 'Head-spinning' might cover it. 'Queasy' is another that has been suggested. But it is also stunningly beautiful.

As my immensely knowledgeable guide, Mike Goodall explains, this one part of the tour sometimes catches people off guard; he's even had scaffolders and sky-divers who have felt disconcerted by it. Certainly, you need to have a reasonable head for heights to take this particular tour – and reasonable stamina to tackle the 400 or so steps to the roof – but the rewards are absolutely worth it. It's not just about the stunning view across the city from the very top of the Crossing Tower, either (the highest point in the city; no other building is allowed to be taller). Nor is it just to do with the very tangible delight in being allowed to peek behind the scenes (needless to say, these are all areas to which the public are not normally admitted). It is also the incredible, hidden treasures that are revealed along the way.

The tour begins with a climb up a cramped, medieval spiral staircase which takes us to the upper floors of the Norman Cathedral. Along the way we pause to examine small, incised marks on the smooth Barnack limestone – a stylised fish, a cross, a pentagram. They look as if they were made yesterday, but are in fact the masons' marks, carved by the Cathedral's builders nearly 900 years ago.

Moving along the Triforium gallery one comes up close to the few remaining examples of medieval stained glass in the building. All the stained glass was smashed by Cromwell's troops, but fragments were later found by the enterprising Victorians who attempted to reconstruct some of



the central windows. It appears they were only moderately successful, however – the jigsaw pieces may have been put together to create an impression of scene, but closer examination reveals that the relationships between the bits is often startlingly random. The overall effect, though, is breathtaking – and the details, seen close up, are exquisite.

Via a suspended walkway we pass above the wooden North Transept ceiling and along the perilously narrow gallery of the Crossing Tower, then up again, and out onto the Tower roof. It's a bright, blustery day, and Ely Cathedral is just about visible in the distance. Stunning as it is, this isn't the highlight for me, however. That is to come once we have travelled the length of the Nave roof (on the outside) and entered the North West Tower. This is where the ringing chamber is situated, but also, in another chamber a truly remarkable find: a complete medieval windlass that was abandoned at the end of the building process.

Consisting of a huge wooden wheel with a stout central winding shaft, this was used by the Cathedral builders to lift the huge stone blocks to the upper levels. Apparently, however, the Cathedral was not its first project – or possibly this was not the first use for the wood from which it was constructed. Tests have shown that the oak log that forms the central shaft was felled around the time of the

BOOKING AND FURTHER INFORMATION

The tour lasts around 1 hour and 30 minutes. Numbers are strictly limited, so advanced booking is recommended. Tower Tour tickets are £10 for adults, £8 concessions and £5 children (children over 10 years only are admitted).

● Book tickets online through the Cathedral website or via Peterborough Visitor Information Centre, 9 Bridge Street, Peterborough PE1 1HJ (01733 452336).

● For more information, please contact:

Lisa Foulkes-Arnold
(01733) 355316. volunteer.
coordinator@peterborough-cathedral.org.uk

● For the latest tour dates, events and other information please visit www.peterborough-cathedral.org.uk

Battle of Hastings in 1066 – and that was a half century before the Cathedral was even begun. It's quite a special feeling to touch this unique artifact and imagine what other hands were once placed upon it, and what momentous events it has seen.

Finally, we cross the huge gothic vaults over the West Front and descend to the ground floor once more. With my feet back on solid ground my mind is whirling with impressions. I have to admit that when I first heard the tour lasted 90 minutes, I wondered why it took quite so long. But the time passed in a flash, and I felt I would gladly have spent twice as long exploring the hidden riches of this remarkable building. I'll certainly be back for more.



A CELEBRATION OF CIDER!

The start of summer sees the second annual Cider Festival at Charters. Step aboard, grab a pint and celebrate!

Summer spells the start of long evenings and good times. At Charters – the floating real ale barge on the River Nene – they're celebrating the return of warm weather with an even warmer welcome!

Thursday 30 June to Sunday 3 July sees Charters host its second Annual Cider Festival. The festival will showcase more than 25 real ciders and perries – a lip-smacking mix of traditional and fruit ciders, including ciders from Peterborough-based cider producer Paul Hubbard at Hubz.

There's live entertainment too, with music on Friday (9.30pm start) from string quartet The Stringlers playing classical, rock, pop and jazz covers. From 10.30pm on

Saturday it's the turn of five-piece acoustic pop-folk band Jessie's Ghost. Then on Sunday, as part of Charters' famously relaxed Summer Sundays, Groove Cartell bring their cool funk and soul vibes from 3pm onwards.

And what goes perfectly with cider? Sausages of course! So enjoy a range of flavoursome sausages freshly cooked on the Charters barbeque on both the Saturday and Sunday. Delish!

If you can't wait until the Cider Festival, don't forget that Summer Sundays start on Sunday 22 May and continue every Sunday throughout the summer. First to take the stage will be The Grumpy Old Men performing live in the garden marquee – a grumpy band guaranteed to put a smile on everyone's face!



Charters' Kirsten and Natasha enjoy a pre-festival tasting



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SUNDAY 19TH JUNE
GROUNDED - 3PM
SUNDAY 26TH JUNE
THE MOTOR CITY VIPERS - 3PM

2ND ANNUAL CIDER FESTIVAL

THURS 30TH JUNE - SUN 3RD JULY



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SAT 2ND JULY - JESSIE'S GHOST - 10:30PM
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WHAT'S ON

V = Vivacity events

Events from May to July

NB Whilst we have made every effort to deliver the most up-to-date information, you are advised to check times and dates with event organisers and venues before setting off.

V Every Saturday, 2pm

Historic Peterborough Tour Meet at Peterborough Museum

The essential guide to Peterborough's past is perfect as a diversion from shopping or just as a fun way to spend an afternoon. Hear some lesser known stories about Peterborough's history and clue up on some trivia that could well benefit you in any local pub quiz! Tickets: £5, £3 concessions. Booking essential as places are limited. Book now on 01733 864663. www.vivacity-peterborough.com/museums-and-heritage

V 14 May, 8pm

Paul Sinha – Postcards from the Z-List Key Theatre

Critically acclaimed, award-winning stand-up comedian, Paul Sinha, is back on the road with his latest show, 'Postcards from the Z List'. Looking back, life as a travelling single gaysian delivering lefty, liberal jokes was quite straightforward. Contact: Key Theatre Box office on 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 16-21 May, 7.30pm D

Faulty Towers the Dining Experience Key Theatre

Following two years of sell out performances, the ultimate in dining experiences returns to the Key for a complete week of mayhem and madness – 70s sitcom style! Contact: Key Theatre Box office on 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 17 May, 8pm

Jimmy Carr: The Best Of, Ultimate, Gold, Greatest Hits Tour Cresset

Jimmy is gathering a selection of his very best jokes along with brand new material for the ultimate comedy show. Strictly Over 16s Only. Call The Cresset Box Office 01733 265705 or visit www.cresset.co.uk

V 18-21 May, 7.45pm (+ 2.30pm Sat Matinee)

Flare Path Key Theatre

In a brilliant play full of humour, tears, tension and tragedy, Rattigan takes a film star, an actress, a Polish Count, an unlikely cockney countess and many other characters from all walks of British life on a memorable journey through Britain's

finest hour in 1940. Contact: Key Theatre Box office on 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 18 May, 2.30pm

Archives Talk: The English Civil War & Restoration Peterborough

John Clare Theatre, Peterborough Central Library

What happened when Oliver Cromwell came to Royalist Peterborough, and how did the city look after the monarchy was restored? Tickets: £5 Adults, £3 Concessions. Booking essential as places are limited. Book now on 01733 864663. www.vivacity-peterborough.com/museums-and-heritage

V 19 May, 16 Jun, 7.30pm

Peterborough Crime & Punishment Walk Meet at Peterborough Museum

Join a Victorian Policeman who will lead you around the city centre, past spots once home to public hangings and floggings, telling tales of Peterborough's grim past along the way. Tickets: £5, £3 concessions. Booking essential as places are limited. Book now on 01733 864663. www.vivacity-peterborough.com/museums-and-heritage

● 19 May, 8pm

Katherine Ryan - Kathbun Cresset

Star of Live At The Apollo, QI and The Jonathan Ross Show, the razor sharp and hilariously funny Canadian returns with a highly anticipated new show. Call The Cresset Box Office 01733 265705 or visit www.cresset.co.uk

● 20 May, 7.30pm

Gareth Gates and Mad about The Musicals 10th Anniversary Cresset

Taking you on a whistle stop tour from the heart of London's theatre land to the glitz of Broadway celebrating the very best songs from the shows we all know and love! Starring Gareth Gates and Michael Courtney. Call The Cresset Box Office 01733 265705 or visit www.cresset.co.uk

V 22 May, 2pm

Frankenstein (Delayed Live Screening) Key Theatre

Royal Ballet Artist in Residence Liam Scarlett has chosen Mary Shelley's gothic classic Frankenstein as the basis for his first full-length narrative ballet for the Covent

Garden Main Stage. Contact: Key Theatre Box office on 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 24 May, 7.30pm

The Cavern Beatles Key Theatre

Join the Magical History Tour through the works of the greatest pop music phenomenon. Replicating, in both sight and sound, the excitement and energy of Beatlemania. Contact: Key Theatre Box office on 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 26-28 May, 7.30pm

Invincible Key Theatre

From one of the most exciting playwrights to emerge since Alan Ayckbourn, Stamford-born Torben Betts, comes a brand new production of the smash hit, sell-out comedy, Invincible. Contact: Key Theatre Box office on 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 25 May, 8pm

Tom Stade Key Theatre

Expect the brand new show customary Stade flair; uncompromising humour, insatiable mischief and heaps of inspired improvisation. Contact: Key Theatre Box office on 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 27 May, 7.30pm

Bon Giovi Cresset

Fronted by rock vocalist Andrea Ojan, Bon Giovi have toured extensively for over 15 years and are now established as the world's leading tribute to New Jersey rockers Bon Jovi. Call The Cresset Box Office 01733 265705 or visit www.cresset.co.uk

● 27 May, 8pm

Comedy Club Cresset

An exceptional lineup featuring Nathan Caton, Andrew Ryan and rising star Tom Lucy. Compere for the show is Ben Van Der Velde. Call The Cresset Box Office 01733 265705 or visit www.cresset.co.uk

V 31 May, 7pm

Teatro Alla Scala: The Temple of Wonders Key Theatre

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V 1 Jun, 7pm

Pinocchio **Key Theatre**

Join Ballet Theatre UK as they tell the tale of a wooden puppet carved from pine with but only one wish...to become a real boy. Contact: Key Theatre Box office on 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 1-2 Jun, 7.30pm

JHH Dance – Celebration 2016 **Cresset**

JHH Dance are proud to announce their return to the Cresset stage for the third time, as they invite audiences to celebrate their tenth year of teaching local youngsters to dance at their Stamford-based school. Call The Cresset Box Office 01733 265705 or visit www.cresset.co.uk

V 2 Jun, 2.30pm

Sing-a-long-a Frozen **Key Theatre**

Do you wanna build a snowman? Join in with the most popular Disney comedy-adventure of recent times! Contact: Key Theatre Box office on 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 2 Jun, 7.30pm

Sing-a-long-a Grease **Key Theatre**

From the Producers of the smash hit Sing-a-Long-a Sound of Music. This fully interactive screening of the classic film with on-screen subtitles is 'The one that you want'. Contact: Key Theatre Box office on 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 2 Jun, 7.30pm

Inns and Taverns Tour

Meet at Peterborough Museum

Take a trip down memory lane with a costumed guide and discover many of the fascinating stories behind Peterborough's pubs. Tickets: £5, £3 concessions. Booking essential as places are limited. Book now on 01733 864663. www.vivacity-peterborough.com/museums-and-heritage

V 3 Jun, 7.30pm

T-Rextasy **Key Theatre**

Truly a rock'n'roll concert for all ages – If you would like to know exactly what a Marc Bolan concert was like in the 1970s, this show is for you! Contact: Key Theatre Box office on 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 3 Jun, 7.45pm

Key Comedy Club: Tom Wigglesworth **Key Theatre**

Join Sony Award-winner, Edinburgh Comedy Award nominee, Chortle & Time Out Award-winner and Star of Radio 4 and BBC 2, Tom

Wigglesworth as he makes his Key Comedy Night debut. Contact: Key Theatre Box office on 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 3 Jun, 8pm

Pennyless Album launch **Stamford Arts Centre**

One of the most hard-working bands in the Eastern Region, Pennyless has a special sound that is distinctly English, cooking-up lively, quirky and downright mystical songs from folklore, medieval history and their own musical minds. Call 01780 763203 or visit www.stamfordartscentre.com

V 4 Jun, 7.30pm

The Big Chris Barber Band **Key Theatre**

With his 10-piece band, featuring a 7-strong front line, Chris plays a selection of his favourite music: from his roots in New Orleans style in 'Bourbon Street Parade' to the early music of Duke Ellington and Sidney Bechet. Contact: Key Theatre Box office on 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 7 Jun, 7.30pm

Tell Me on a Sunday **Key Theatre**

Following her acclaimed performance in Calamity Jane, Jodie Prenger steps into this iconic musical, featuring a wonderful original score including the chart-topping 'Take That Look Off Your Face'. Contact: Key Theatre Box office on 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 8 Jun, 7pm

Hamlet (Live Screening) **Key Theatre**

As once of Shakespeare's most popular plays, Hamlet is as relevant today as when it was written, as it confronts each of us with the mirror of our own mortality in an imperfect world. Contact: Key Theatre Box office on 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 9 Jun, 7pm

Kate Williams – 'Her Majesty Queen Elizabeth II at 90' **Stamford Arts Centre**

Kate Williams, historian, author, broadcaster and royal expert and now Queen of the Quiz shows gives a fascinating and sympathetic talk about our Queen's early life. Call 01780 763203 or visit www.stamfordartscentre.com

V 9 Jun, 7.30pm

The Manfreds **Key Theatre**

Starring three of the original Manfred Mann members, they tour the world extensively and 2016 promises to be another busy and exciting year promoting their music, both old and new. Contact: Key Theatre Box office on 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

MUSIC IN QUIET PLACES

Five concerts for summer evenings in South-West Lincolnshire

- **Retorica** St Andrew's Church, Irnham Thurs 2 June
- **K'antu** Priory Church, Deeping St James Thurs 16 June
- **Aquilae Duo** St John the Baptist's Church, South Witham Thurs 30 June
- **Melrose Quartet** St James's Church, Asklackby Thurs 14 July
- **The Ebor Singers** St Peter's Church, Claypole Thurs 28 July

The concerts this year have a distinctive English flavour, as befits the 400th anniversary of the death of William Shakespeare. K'antu takes us to the court with a selection of songs and dances, the Ebor Singers turn to the sacred music of the period and the Melrose Quartet takes a broader look at what makes English music so distinctive. We open with the violin duo Retorica and also in more classical mode, harp and flute duo Aquilae presents an attractive mixed programme of favourites.

● Concerts start at 7.30pm.

● £14 (£12) £8 Call 01780 763203 or visit www.stamfordartscentre.com

● 9 Jun, 6.30pm

Jazz in the Portico from Steven Grahl and Friends **Peterborough Cathedral**

Cathedral Director of Music and jazz pianist, Steven Grahl returns with fellow musicians for more memorable jazz standards. Free entry. Donations welcome. www.peterborough-cathedral.org.uk

● 10 Jun, 7.30pm

SO Comedy Night Edinburgh Previews **Stamford Arts Centre**

With Myra Dubois and 2014 Foster's Edinburgh Comedy Award winner Alex Edelman. Call 01780 763203 or visit www.stamfordartscentre.com

● 10 Jun, 7.30pm

Ladies Night – Beach Party **Cresset**

Join the beach party with a naughty twist, as topless waiters help serve the caribbean cocktails and gorgeous strippers take to the stage. Come in your best beachwear and get a cheeky free cocktail on arrival. Call The Cresset Box Office 01733 265705 or visit www.cresset.co.uk

V 11 Jun, 7.30pm

And Finally...Phil Collins **Key Theatre**

'And Finally... Phil Collins' are recognised throughout the industry as the market leaders and definitive Phil Collins & Genesis tribute show. Contact: Key Theatre Box office on 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

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● 11 Jun, 7.30pm

Opera Cocktail Stamford Arts Centre
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● 11 Jun, 7.30pm

Peterborough Voices Stamford Arts Centre
Peterborough Voices perform highlights from their repertoire, including choral favourites, ballads and songs from the shows. Call 01780 763203 or visit www.stamfordartscentre.com

● 12 Jun, 3.30pm

Evensong in Thanksgiving for the 90th Birthday of Her Majesty the Queen Peterborough Cathedral
The service will be followed by tea in the Cloisters, or in the South Transept if wet. All welcome. www.peterborough-cathedral.org.uk

V 13 Jun, 1.30pm

Vuelos Key Theatre
This production inspires a sense of wonder in everyone who sees it, and encourages us all to allow our imaginations to take flight and make extraordinary things happen. Contact: Key Theatre Box office on 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 14 Jun-4 Jul

Peterborough Regional College Art Exhibition Peterborough Cathedral
Colourful prints, paintings, photography, ceramics and sculpture made by the talented Art and Design students of Peterborough Regional College. Free entry. Open 9am-5pm Mon-Sat, 12 noon-3pm Sun unless a service is in progress. www.peterborough-cathedral.org.uk

● 14 Jun & 12 Jul, 10am-4pm

Outdoor Painting Days with Catherine Headley Hill Top Farm (near Oakham)
A farm at the top of a hill on the road between Oakham and Braunston offers a variety of delightful subject matter for the artist: a large garden with beautiful borders, chickens and sheep and magnificent views. Please collect Instruction Sheet from Stamford Arts Centre Box Office for details of what to bring and how to get there. Call 01780 763203 or visit www.stamfordartscentre.com

V 14 June 2016, 7pm

Talk: Leeds' Leviathan Peterborough Museum
Join us for a relaxed evening with Dr Jeff Liston to discover the story of Alfred Leeds,

the Star Pit and the excavation of the Leedsichthys called Arston. Refreshments are included in the ticket price. Tickets: £5 adults, £4 concessions. Booking essential as places are limited. Book now on 01733 864663. www.vivacity-peterborough.com/museums-and-heritage

● 15 Jun, 8pm

Grumpy Old Women Cresset
Returning after a critically acclaimed, total sell-out spring 2015 tour the Grumpies are back to knock some sense into the nation. Perrier Award-winning comedian, writer and original star of Grumpy Old Women Jenny Eclair will be joined by fellow recruits Susie Blake and singer Kate Robbins. Call The Cresset Box Office 01733 265705 or visit www.cresset.co.uk

● 15, Fri 17 & 18 Jun 7pm

Stamford Junior Youth Theatre Presents Avenue Q – School Edition Stamford Arts Centre
Winner of the Tony 'Triple Crown' for Best Musical, Best Score and Best Book, Avenue Q is part flesh, part felt and packed with heart. Call 01780 763203 or visit www.stamfordartscentre.com

V 16 Jun, 7.30pm

Jive Talkin' Key Theatre
Jive Talkin' presents the story of the Bee Gees live on stage featuring stunningly convincing vocals, the three leading men create a truly emotional musical journey. Contact: Key Theatre Box office on 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 16 Jun 6.30pm & 18 Jun 2pm

Honk Jr Stamford Arts Centre
The new musical based on one of the world's favourite fairy-tales, Hans Christian Andersen's The Ugly Duckling. Call 01780 763203 or visit www.stamfordartscentre.com

● 16 Jun, 6.30pm

The Cambridge Renaissance Ensemble Peterborough Cathedral
Music from the Tudor Court including Tallis, Byrd, Tye, Bull, Parsons, Dowland and Gibbons. The programme will include solo songs, consort works and liturgical music as well as popular tunes and dances. £5 payable on the door. www.peterborough-cathedral.org.uk

● 17 Jun, 7.30pm

From Stage to Screen Cresset
Come and share a delightful evening of old Hollywood glamour as this fantastic ballroom couple, accompanied by some of the West End's finest voices, perform the most loved songs from the silver screen. Call The Cresset Box Office 01733 265705 or visit www.cresset.co.uk

V 17 Jun, 7.30pm

Clare Teal and Her Trio Key Theatre
Award-winning singer and Radio 2 presenter, Clare Teal, appears at the Key accompanied by piano, bass and drums for a very special and intimate concert, for one night only. Contact: Key Theatre Box office on 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

V 18 Jun, 7.30pm

John Newton – Amazing Grace Key Theatre
Press-ganged into the navy at nineteen, flogged for desertion miles away from the girl he loves, John Newton feels he has nothing to live for. This is a powerfully moving story of slavery, freedom and the remarkable power of love and grace to transform a life. Contact: Key Theatre Box office on 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 18 Jun

Cathedral Precincts Tour Peterborough Cathedral
One of the Cathedral's occasional outdoor tours packed with information about the historic buildings in the Precincts. Includes a visit to the Deanery Garden. Tickets are £8 for adults and £6 concessions (accompanied children free) via Cathedral website. www.peterborough-cathedral.org.uk

● 18 Jun, 8pm

From The Jam ft Bruce Foxton Cresset
From The Jam featuring Bruce Foxton make their debut at The Cresset performing a greatest hits show – The Public Gets What the Public Wants. Call The Cresset Box Office 01733 265705 or visit www.cresset.co.uk

● 19 Jun, 5pm

Organ recital by David Humphreys Peterborough Cathedral
An organ recital by David Humphreys, Assistant Director of Music, including pieces by Bach, Mozart, and Schumann. Free entry. Retiring collection. www.peterborough-cathedral.org.uk

V 22 Jun, 7pm

Leonardo Da Vinci – The Genius In Milan Key Theatre
The second in the series of Discover Arts films explores Da Vinci's work as never seen before, telling the story of the artist's world and the treasures he left us. Contact: Key Theatre Box office on 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

● 22 Jun, 7.30pm

Tristan Gooley Stamford Arts Centre
The Royal Geographical Society (With Ibg) Presents: How To Read Water: Clues, Signs And Patterns From Puddles To The Sea. Join Natural Navigator and bestselling author Tristan Gooley to discover the secrets of reading water. Call 01780 763203 or visit www.stamfordartscentre.com

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A website for culture in Peterborough

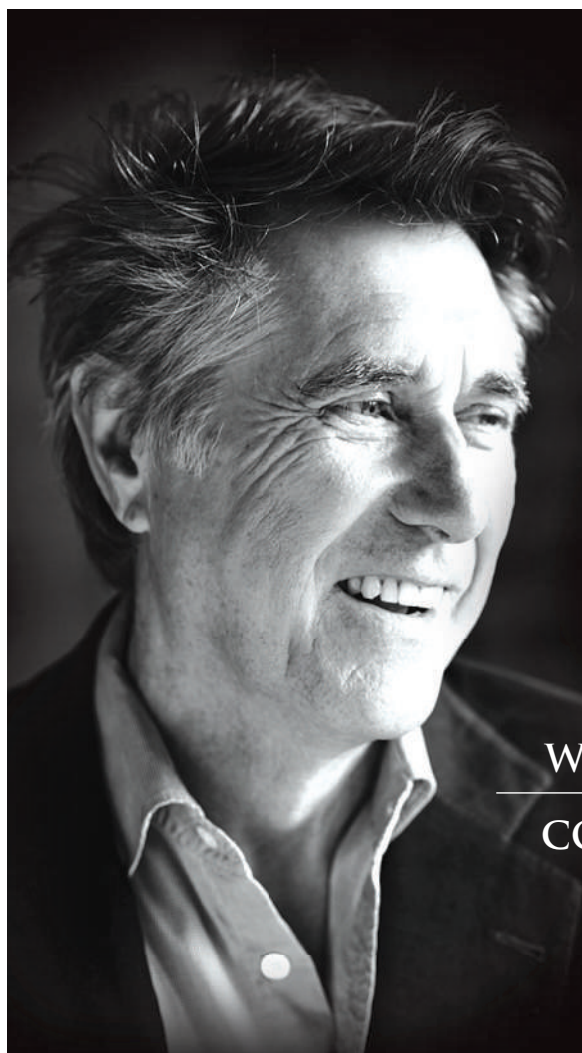
IDEA1 promotes all cultural events, performances, workshops, talks, exhibitions and activities happening in Peterborough and the surrounding area.

The website offers:

- A daily **What's On** cultural calendar.
- Opportunities to market your own events – large or small – it's quick, easy and FREE.
- Programme details about Peterborough Presents, the consortium of local artists, arts organisations and communities working together to create great art in our city.
- Information about training, funding, commissions and useful links
- After school and holiday activities for young people
- Short films of artists talking about their projects as they develop.

Many of the events advertised are free and it's an easy way to find a fun activity or an opportunity to participate. See www.idea1.org.uk or contact ruth@metalculture.com to find out how you can submit your own events.

[idea1metalculture](https://www.facebook.com/idea1metalculture) [idea1peterboro](https://twitter.com/idea1peterboro)



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Representative example

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